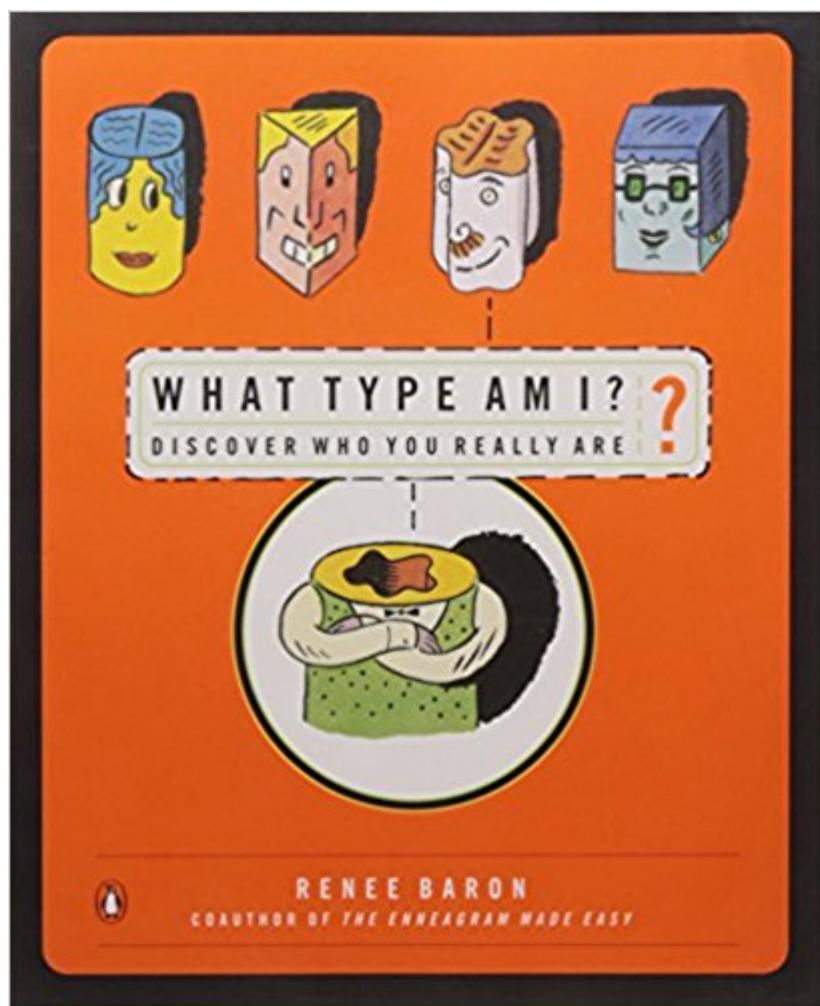


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# What Type Am I? Discover Who You Really Are



## **Synopsis**

Do you enjoy being the center of attention? Are you more interested in facts and figures than in theories? Do you make to-do lists? Would you rather be truthful or tactful? Do you have a few close friends rather than a wide range of acquaintances? Are you more empathetic and compassionate than logical and rational? These are just a few of the questions about yourself that you can answer with *What Type Am I?* Based on the classic personality test taken by millions annually, this book will help you to assess your individual preferences in four basic areas: how you relate to the world, take in information, make decisions, and manage your life. Now a family therapist explains this fascinating system in a way that is entertaining and easy to absorb. Renee Baron takes on the complexity of the sixteen personality types and makes them accessible, so you can comprehend them, find your own type, and use the knowledge to enrich your own life. Here is information about individual strengths and weaknesses along with suggestions for personal growth and awareness. Whether you are a duty seeker or an action seeker, a knowledge seeker or an ideal seeker, *What Type Am I* is insightful, helpful, encouraging, and an eminently useful step in helping you appreciate your strengths and apply them to work, love, and life.

## **Book Information**

Paperback: 171 pages

Publisher: Penguin Books; First Printing edition (August 1, 1998)

Language: English

ISBN-10: 014026941X

ISBN-13: 978-0140269413

Product Dimensions: 7.4 x 0.5 x 9.2 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 77 customer reviews

Best Sellers Rank: #103,611 in Books (See Top 100 in Books) #77 in Books > Health, Fitness & Dieting > Psychology & Counseling > Testing & Measurement #455 in Books > Health, Fitness & Dieting > Psychology & Counseling > Personality #2450 in Books > Self-Help > Personal Transformation

## **Customer Reviews**

The Myers-Briggs Type Indicator temperament test is given annually to millions of people, mainly business students and job applicants. But what good does it do, short of giving you a catchy-sounding, four-letter abbreviation (ENTJ, ISFP) that you can sometimes use to break the ice

at cocktail parties? The aim of this book is to help you apply your knowledge to the benefit of both your work and love life--and to teach you how to prevent personality clashes by slightly adjusting your behavior around others, once you ascertain which "type" they fall under. The four areas covered by Myers-Briggs are how you relate to the world (Extraverting or Introverting); how you take in information (Sensing or iNtuiting); how you make decisions (Thinking or Feeling); and how you manage your life (by Judging or Perceiving). If you don't already know your profile, take the fun and quick 20-question quizzes for each of the four categories. (Do you dislike routine and repetition? Do you prefer to finish one project before starting another, or does that not matter to you? Do people seek you out for warmth and nurturing?) You're then given tons of tips for getting along in this world. ESFPs are warned that they should not get involved in too many activities, lest they forget their responsibilities. INTJs need to learn to be more flexible, and are sometimes best off working for themselves. If you're dating someone who's an NF, "give them cards, gifts, compliments, hugs, adoration, and other forms of loving attention

Renee Baron has taught the MBTI to thousands of students through seminars and workshops at various colleges and adult-education centers throughout California. She lives in Berkeley, California.

Needed to order this book for school. It was great! Simple read, and it really helps with understanding yourself and others. This was paired with a book on communication, and they followed each other very well. I would recommend this to anyone trying to better themselves by learning about the people around them.

I am new to the personality tests. I sought them out in hopes to understand my 15 year old son better and to help him understand more about himself. I thought the tests would be helpful for him to get a better understanding of what type of career he might be interested in. The book was an easy read and quick to getting us started on the tests. I really enjoyed the authors own personal story on how she came to write the book. She explains how beneficial it really is to learn about all the different personality types. I think everyone would benefit in many ways if they were to read this book. It's quick, easy and a great stepping stone to learning more about ourselves and those around us. Good for parenting, relationships etc.

I had heard about this typology system and wanted to learn more. This book was a great way to learn about the different personality types, and not to mention figure out where I fit into the puzzle. It

sure was spot on! Also helped me to see the reasoning behind why I was prone to like certain things, or feel comfortable in certain situations and uncomfortable in others. Highly recommend this book, very informative, easy to read!

fun to see why we do what we do and test those around us. It was spot on for me.

This book keeps it simple. It takes your preferences and combines them which explains your personality type. It provides some guides for the best careers matching your type. If you take the time to truly understand the other preferences, you will understand why miscommunication occurs and how to rectify it. It explains strengths among the personality traits which will allow you to apply it for the best possible outcomes with friends, business associates, and family members.

For those interested in finding out more about oneself, get this book. It's quick, simple and straight to the point. This is not an "in-depth" book or an academic book. But I still found it very useful and informative. It contains 4 sets of 10~15 questions, that took me about 30 minutes to complete. Then you write down your 4-character personality traits and analysis of pros / cons. Overall, took me 30 minutes to find out my personality type and I would recommend this to 90% of the population.

We were looking for a Meyer's-Briggs test and this is that but laid out in a more interesting way. Just what we wanted.

As an MFT Intern, this has changed the way I work with my patients. I've never been able to build rapport so quickly it's ridiculous. Patients will get suspicious as if I've been following them around before therapy. Working in Out Patient, I need something that's quick and affective at building patients self-awareness. Couldn't have asked for more.

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