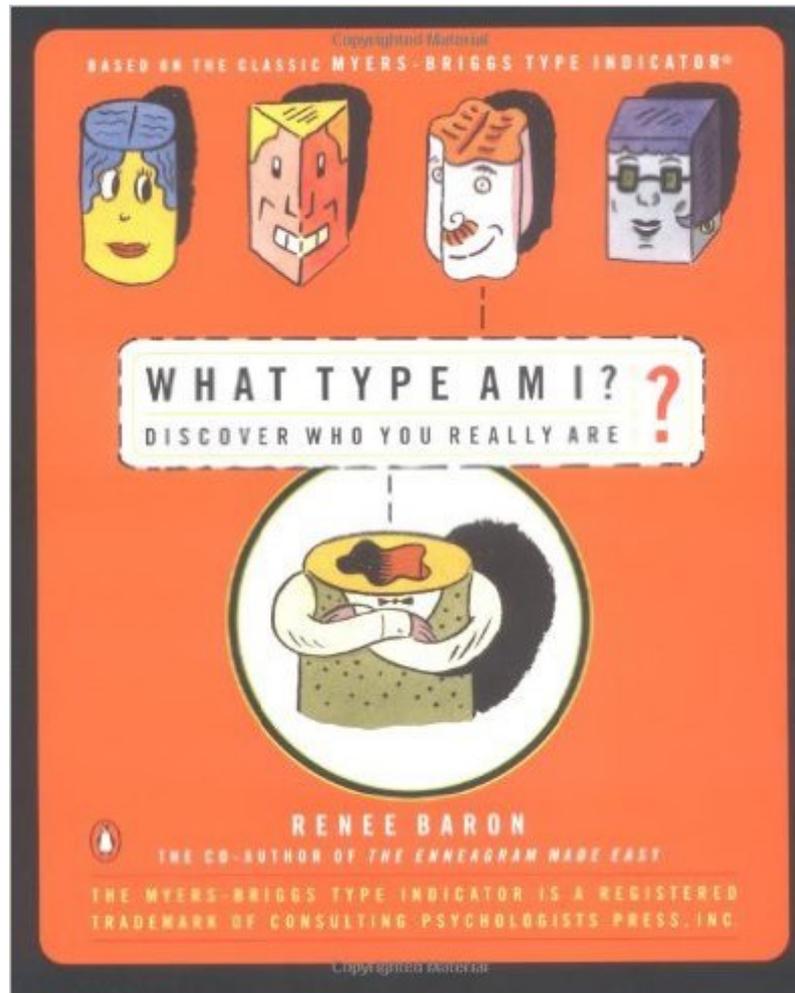


The book was found

# 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

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## Customer Reviews

Although this book does not cover Myers-Brigg/Keirsey-based personality typing with the depth of "Please Understand Me" or "Personality Type: An Owner's Manual" (both very good books), it's an excellent quick and easy resource on the 4 basic types and the 16 specific types. Besides

character-specific traits, the author offers tips on getting along with each type, as well as well as tips for each type on getting along with other types. I do think the self assessment in the front could be a bit more comprehensive, but this book was obviously not written to be the definitive information source on Myers-Brigg, so I think that's excusable. When introducing MB/K to others, this is the book I reach for - it's easy to understand and appealing to read.

This book is great for the lay person to help understand the Myers Briggs temperament typing. I've read Kiersey Bates and this book was much better at giving me an appreciation and understanding of the different types. I learned so much from the great cartoons - the types come alive through the cartoons. The types are described so well that I use this book as a reference to help me in my relationships with my family members, friends and co-workers. It's a light, fun, easy to understand description of the Myers Briggs system of temperament typing.

I am a Myers-Briggs facilitator, teaching people how to apply personality type to their lives. I have several reference books available for my clients/students. By far, this book is the most popular because it is very easy to read. It has cartoons that communicate concepts very easily. This book also gives specific information on relationships and careers -- most of my clients are most interested in learning about. Several clients have purchased their own copies of this book for their own reference.

This book is a great introduction to typology. It's simple and it gives useful information. I just wish it have given more information. The character descriptions were spare, and there were way too many cartoons and too much white space. The problem I had is there was nothing new in it. If this is the first book you've ever read on the subject you'll probably love it. Otherwise, go for something with a little more depth. For me, I wasted my money. I'll be giving it away soon.

This book is based on the Myers-Briggs tests taken by many people in all walks of life, recently very big in business circles and universities. Carl Jung was influential in the development of the original idea for personality tests. As far as accuracy goes I would dare to say this book gets pretty darn close to what our core personality really is. If you answer the questions as honestly as possible the book will describe you almost in a nutshell by the time you finish. Very interesting! Once you figure out what anagram you fall under this book will also offer advice for successful solutions to work, relationship and leisure problems based on personality type. I highly recommend trying this test at

least once, it's fun, revealing and informative. The suggestions may also provide a bit of insight into a better fitting career and/or relationship as well....although nothing is set in stone. Just bring a pencil, an open mind and a honest heart and who knows what you will discover.

This book is more fluff than 'formative. As a teacher, I use it to help the students in my class that find MBTI interesting to find out more about themselves (the idealists in all of us).Its cute cartoons and easy to read questions / explanations make this the perfect book for the novice. If you are a more advanced "user" of personality typing your money would be better spent on other texts.All in all, this book is middle of the road. If you're looking for some nice bedtime reading or just want to see what all the Myers-Briggs stuff is about then this book is for you, otherwise move along!Regards

We use elements of MBTI at work, and I knew a little of the jargon and had done a test, and had been referred to some of the standard works. I "kind-of" understood, but did not really feel any of the behavioural descriptions really clicked for me. As a lunchtime browser of bookstores I picked "What Type Am I?" off the shelf and suddenly I was able to see myself through the MBTI for the first time. I found the style very easy to read, and the suggestions about working with myself and others to be very practical. For me the format was easy to follow, and I enjoyed the style, content and humour. It's insightful but not heavy. I bought one for my adult daughter.

This is a great beginning book for getting to know yourself. It is so very basic and easy and workable. It ought to be in every public and school library. This book would be a very useful reading for most high school classes.The only thing is that most people will probably only want to read about the type they and their best friends are. But some important keys to self introspection and personal relationships will be discovered in even short exerpts.It would also be delightful to get fellow workmates to take the quizzes and to share to results. It could really cut down on inter office friction.This is a book I plan to keep in my library.

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