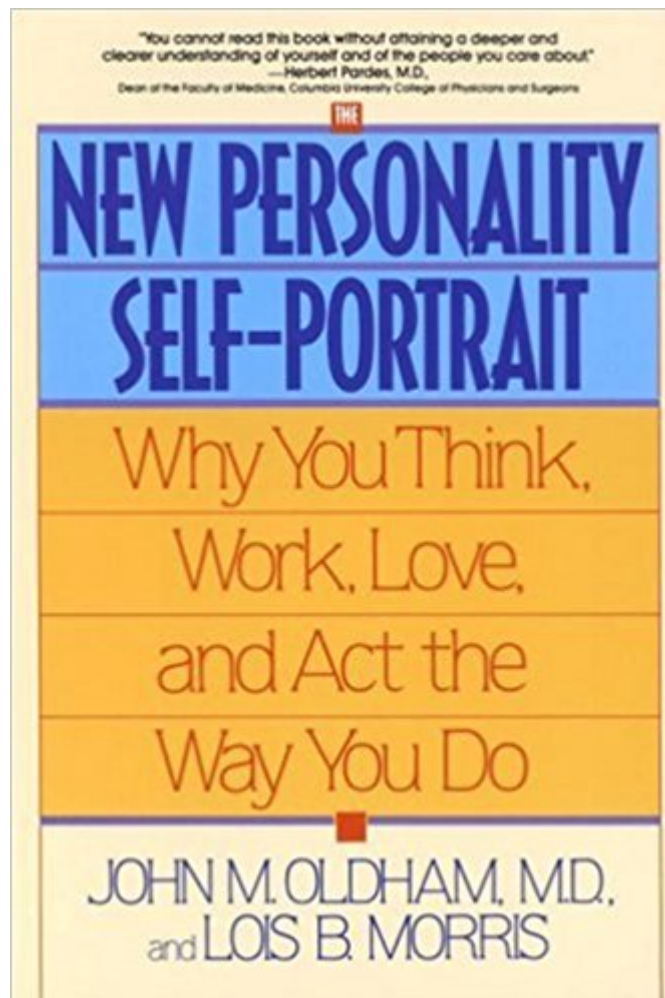




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The New Personality Self-Portrait: Why You Think, Work, Love And Act The Way You Do



Synopsis

The New Personality Self -portrait is the only guide to personality types based on the American Psychiatric Association's just-published official diagnostic system -- the DSM-IV -- and written by one of today's leading personality researchers. A long-time backlist bestseller in its previous edition, it has now been completely updated to include all the fascinating new information about how we become who we are-and how we can change. The self-test in The New Personality Self -portrait is already used extensively in mental health and business settings. It reveals a profile so personal, so accurate, that it's as individual as a fingerprint. Readers discover their unique mix of 14 distinct personality styles -- and learn how those traits impact their relationships, work and home life. Fascinating case histories show each style in action, with tips on how to live and work with every type, and exercises for turning vulnerabilities into strengths -- plus warnings about when individual differences develop into personality disorders.

Book Information

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Customer Reviews

Beginning with a questionnaire based on the American Psychiatric Association's DSM-III-R, published in 1987, the authors have the reader chart his or her profile according to 13 individual personality styles. Each following chapter describes a dominant character pattern, what jobs that person may be most suited for, appropriate personality-type mates, parenting styles, and ways of

capitalizing on strengths and minimizing weaknesses. Advice is given the reader on how to deal with different styles, and a page or two describes the mental illness associated with the extremes of each dominant trait. Case histories and anecdotes make the personalities come alive to create an enjoyable and informative analysis of personality types.- Marguerite Mroz, Baltimore Cty . Copyright 1990 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

"You cannot read this book withoutÃ    attaining a deeper and clearer understanding ofÃ    yourself and the people you care about." --Ã    Herbert Pardes, M.D., Dean of the Faculty ofÃ    Medicine, Columbia University College of Physicians andÃ    Surgeons.
"Brilliantly transforms a wealthÃ    of scientific information into an exciting andÃ    easy-to-follow format." -- Stuart C.Yudofsky,Ã    M.D., Professor and Chairman, Department ofÃ    Psychiatry and Behavioral Sciences, Baylor College ofÃ    Medicine.

This is a great reference book for those who want to know more about and improve themselves. It is also helpful for those who desire to improve how they live with and/or interact with those they love. It was wrapped well, and I would buy from this seller again.

This is my new handbook for all things self-discovery. This book gives you an opportunity to look at what you are now and what you would be if your personality broke, that is, the extreme of your personality. I work with a covering addicts and it helps them to understand the behaviors that they have from the perspective of their personalities. It gives them points for therapeutic intervention for deeper understanding of why the addiction is there. This is probably my 10 or 12 copy of this book comma because every time I share it with someone they keep it. Absolutely a keeper. PS I have put a book curse in this one in order to keep a copy for myself.

The 14 personality styles are very well described, more importantly, the difference between mild, moderate to severe versions of each style is very well explained.It is very easy to see how each style brings with it natural talents and gifts, however when the style is taken to an extreme a person may become dysfunctional and qualify for a personality disorder diagnosis.The book is written in a way that medical professionals and lay people can easily relate with. I strongly recommend it to all people since we all have a "personality". It is also very helpful for parents raising children, this book will help them understand their child's unique personality.

This is a great guide to understanding yourself and other people. There are 14 personality traits that Oldham says a person can have -- and a person can have several of them, not just one. Also, how, taken too far, each trait can become pathological. He goes into which personalities are compatible in marriage, and which ones are not, also, which jobs are right for each sort of personality trait. In all, a very helpful book. Real people are probably even more complex than this book hints at, but you want to understand what makes people tick, especially people who are very different from you, this book is a good beginning.

Excellent book. Easy transaction. Good deal.

Highly recommend this book to anyone who is interested in learning more about their personality! It also gives advice on how to work with people that have various different personalities from your own. Great for anyone who is in management or leadership positions because it will let you know how to best utilize your employees/coworkers to their fullest potential. It also shows the extreme versions of each of the various personalities using the DSM-IV criteria.

Herbert Pardes M.D. in his praise for this book said:"YOU CANNOT READ THIS BOOK WITHOUT ATTAINING A DEEPER AND CLEARER UNDERSTANDING OF YOURSELF AND OF THE PEOPLE YOU CARE ABOUT".It's an easy read, and I personally can't say enough about this book.It's also recommended by:1) Professor and M.D. of Psychiatry and Dean, Cornell University Medical College.2) Professor, M.D., and Chairman, Department of Psychiatry, University of Texas Southwestern Medical Center.3) M.D. and Dean of the Faculty of Medicine at Columbia University College of Physicians and Surgeons.4) Professor, M.D., and Chairman of the Department of Psychiatry and Behavioral Sciences at Baylor College of Medicine5) M.D. and author of Dreams of Love and Fateful Encounters.6) M.D. and author of The Difficult ChildIt's the only book that I've read that I didn't get rid of after reading. I will keep it and refer to it for many years to come.

This is a VERY informative book, and the test was relatively easy, albeit a little lengthy. The only downfall is that if you're not cautious, you can almost take the assessments to read like a horoscope and take them to be what defines you fully rather than partially. While I can see that there are strong tendencies in the attributes described, they can make one overly suspicious of the negative characteristics if you are not careful. However, it is an accurate depiction according to the tests, the

results are pretty accurate (my husband and I both did the tests). It doesn't take into account someone who is disciplined and moral who decides to make better choices beyond there human/animalistic tendencies...ie, those who choose to submit themselves to their belief systems, like Christianity with a renewed mind. Each chapter delves further in study than most other books like it in that it introduces research on the corresponding personality disorders.

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