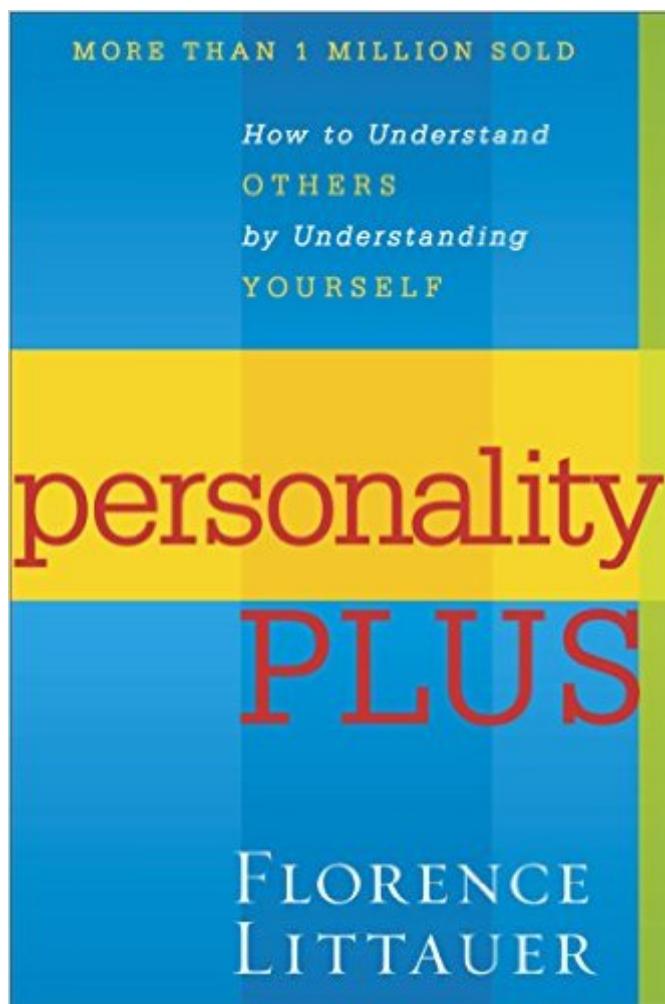


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Personality Plus: How To Understand Others By Understanding Yourself



Synopsis

A revealing "personality profile" self-test and Littauer's insightful advice help readers better understand themselves and others. A best-seller.

Book Information

Paperback: 208 pages

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Customer Reviews

Each of the following statements relates to one of the four basic personality types: Melancholy, Phlegmatic, Sanguine, and Choleric. Which of these statements do you relate to most?- Whether at home or work, I am well organized and keep everything in its proper place.- It's difficult for me to express excitement, even about something that's really important to me.- When shopping at the mall, it's not unusual for me to forget where I parked the car.- I get annoyed when my employees don't follow my instructions to the letter. In *Personality Plus*, Florence Littauer gives you valuable insight for appreciating your one-of-a-kind, God-given personality. She includes a Personality Profile test that reveals how your unique blend of traits affects your emotions, work performance, and relationships. Through humorous anecdotes and straightforward counsel, *Personality Plus* guides you to improve upon your strengths and correct your weaknesses. This engaging book also provides keys to understanding those around you. You'll learn how to accept-and even enjoy-the traits that make each of us so different. *Personality Plus* is the tool you need to change your life, and the lives of those you care about, for the better.

Florence Littauer is the best-selling author of *Silver Boxes*, *Personality Plus for Couples*, *Personality Plus for Parents*, and several other books. She speaks internationally at seminars and retreats and

is the president of CLASS Speakers, Inc. She and her husband, Fred, live in California.

I had hoped to use this in my business correspondences. I like the concept, but the book itself was extremely hard to get through. All of the personal stories (used as examples) and questionnaires to fill out and then add up the scores got tiresome and in the end I really didn't learn how to read other people's personalities so much as I can tell you in detail about my own personality now.

This is truly my absolute most favorite book. I can't begin to tell you how many times I've read it myself or gifted it to friends. It is written in a lighthearted and entertaining way that makes it enjoyable to read at night before going to bed. Mrs. Littauer divides the personalities into 4 groups and has a fantastic way of communicating their traits, strengths, and weaknesses. It basically delivers the same message as the Myers-Briggs but without all the complicated E, S, T, I, etc. It provides wonderful insight into your own personality traits and is wonderful at helping you see how and why other people do what they do and say what they say. For example, I am a strong 'melancholy' personality type and like to have things right and in order (even if it's my own sense of order). I literally laughed out loud when she gave an example of her husband, also a melancholy, instructing her on how to put the toilet paper on correctly. She didn't know it could be incorrect. I do the exact same thing, even in public places or other people's homes. I figure if they don't notice it's not on incorrectly, then they won't notice or care that I've corrected it. Hysterical. Also have a friend who can come across as a bit brusk or aggressive. This book helped both of us see that her desire to get things accomplished can sometimes come across wrong. It's great it helping you tailor your message to the personality type of the recipient. You'll find yourself 'personality typing' all of your friends, etc. It helps explain a lot of the communication problems between people. This book is truly absolutely fantastic! Also, highly recommend 5 Love Languages to go along with it.

This is one of my all-time favorite books. It's sort of like an enjoyable version of Myers-Briggs. It's written so well, and humorously, and engagingly, and is one of those books you can read and just GET IT - no need to go over it again to really understand it. This book opened my eyes up to me, and why I do what I do/think what I think/say what I say - but not only that - it also helped me to understand the same about OTHERS, which has been amazing. It really helps smooth relationships out when you can understand the reasons behind why people do the things they do. All I can say is, this is a MUST READ for EVERY human being on the planet. If you haven't read it, READ IT! It will change your life - guaranteed. I would go so far as to say it launched my marriage light-years

forward (if not saved it completely!). My wife says the same. This is now a book I hand out and recommend to people regularly, and I plan to keep it up.

I bought this book because it is on the recommended list for my leadership organization. I dove right in to discover my own personality type (no surprise, there) and others', as well. This book shows you why different people think and act as they do and then teaches you how to communicate and get along with the different personality types. Does your spouse or friend or child (or boss) drive you crazy (or vice versa)? Find out how to get along and even enjoy each other's company. *Personality Plus* should be on everyone's reading list.

Understanding people including yourself can only be helpful. You haven't begun to develop your people skills until you understand the principles in this book. You may have some negatives you can identify and rein in. You will know how to make other feel brilliant.

Even though it was written in the 1970's, this book is full of useful information that I personally feel will be relevant forever, in terms of understanding human behavior and motivation. It has helped me know myself better, and practically everyone around me --giving me the ability to appreciate our uniqueness and how we can work together in harmony. Knowing that each of us has a multi-layered personality, like an onion I suppose, I combine what I've learned in "Personality Plus" with many other tools. However, it is the one I refer to most often. ...Also recommended is "Personality Plus for Parents" as an essential must-read for anyone who wishes to express love and understanding to the children in our lives --such as their parents, teachers, neighbors, aunts/uncles, grand-parents, etc.

This book is one that everyone needs to read! It explains the 4 personality types and has a great quiz that helps you to learn your personality. But the best thing is that it also helps you learn how to determine the personality of others and there by making it possible to converse with them. The test is simple for all personalities except the Caloric. If you come out perfectly in every way then you are a Caloric and need your best friend to help you with the test.

This book is EVERYTHING!!! If you find yourself wondering who you are and what you should be doing in life this book is for you!!! It's sooo true that by understanding yourself you can understand other better!!! Honestly best book evernnn you need to get one!

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