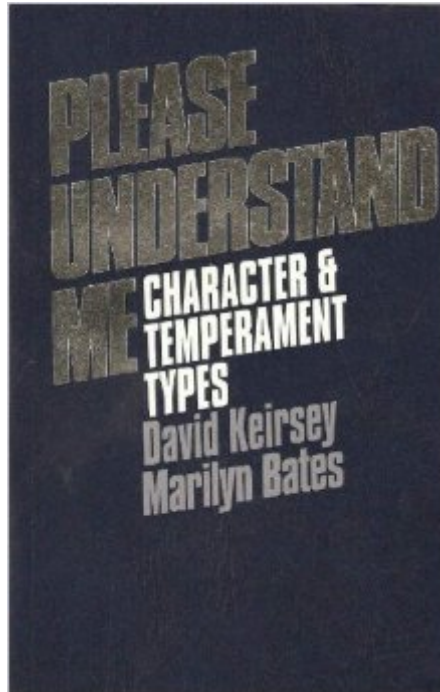


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Please Understand Me: Character And Temperament Types



Synopsis

Does your spouse's need to alphabetically organize books on the shelves puzzle you? Do your boss's tsunami-like moods leave you exasperated? Do your child's constant questions make you batty? If you've ever wanted to change your mate, your coworkers, or a family member, then "Put down your chisel," advise David Keirseay and Marilyn Bates in this book of personality types. We are different for a reason, and that reason is probably more good than bad. Keirseay and Bates believe that not only is it impossible to truly change others (which they call embarking on a "Pygmalion project"), it's much more important to understand and affirm differences. Sounds easier than it is, you might say. Well, this book is a guide for putting an end to the Pygmalion projects in your life and starting on the path to acceptance.

Book Information

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Customer Reviews

I tend to be very skeptical of any book that smacks of 'self help,' but "Please Understand Me" has been one of my most frequently referred-to books ever since I bought my first copy five years ago. I don't ordinarily push books onto friends and family, but somehow or other I can never keep myself from INSISTING that others read--and, most importantly--USE it. I've always known I'm a kook, but never really understood why. I took the Kiersey Temperament Sorter in the front of the book, and found that I am split between INTP and INTJ, two of the rarest personality types. Most of my family members are SPs and SJs--small wonder they think I'm a wacko! And no wonder I kept thinking they were uptight, or lacking in imagination. No wonder they don't get my jokes (which are not really

jokes--and if you don't get that, you need to read this book).The light "Please Understand Me" has cast on my relationships with my family and friends has been of inestimable benefit. Sure, my ESTP father drives me nuts, but now I understand why, and it allows me to step back and say, "that's how he is--consider this before tearing off on a rant, will you?" It also helps me understand why I am so close to my INFP kid sister, but fought constantly with an ISTJ ex-boyfriend. By understanding how the different types relate to the world and the people around them, it is easier to understand why they behave as they do. It becomes easier to be more compassionate. Rather than lashing out in irritation and frustration because I assume I know why someone is acting the way he or she does, I can use what I know about the Myers-Briggs types and try to see the world through that person's eyes.

"Please Understand Me" is a clear description of the 4 variables in Briggs-Meyer personality types. It is fairly simple to understand. One is either introverted or extroverted. One looks at the world through one's senses, or through intuition. One evaluates the world through thought, or through feelings. One prefers the world either structured, or open-ended. Each of these preferences can be mild, moderate, or intense, and the way the four preferences can be combined creates 16 personality types. Yet, with variations in intensity, there is ample room to understand the true range of human personality."Please Understand Me" and "Please Understand Me II" are two completely different books, not an original and updated version of the same book. "Please Understand Me" covers the basics, understanding what each letter means, and the way they combine. "Please Understand Me II" is a detailed description of each of the 16 personality types, carefully structured to allow easy comparison. It would be difficult to understand for anyone not already familiar with the Briggs-Meyers personality type system from "Please Understand Me" or another basic book.While the "Please Understand Me" system can be interesting as a means of self-analysis, it is most useful when turned outwards, as a way of understanding the people around you, and as a way of planning your actions for maximum effectiveness.For example, when planning a party, it can be easy to slip into planning only the types of activities that you like. But your guests will be of all personality types. So consider - the extrovert's may love a loud dance floor, but the introverts will need a quite space to recharge now and then. Sensing types will love the stimulation of good food, good music, etc.

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