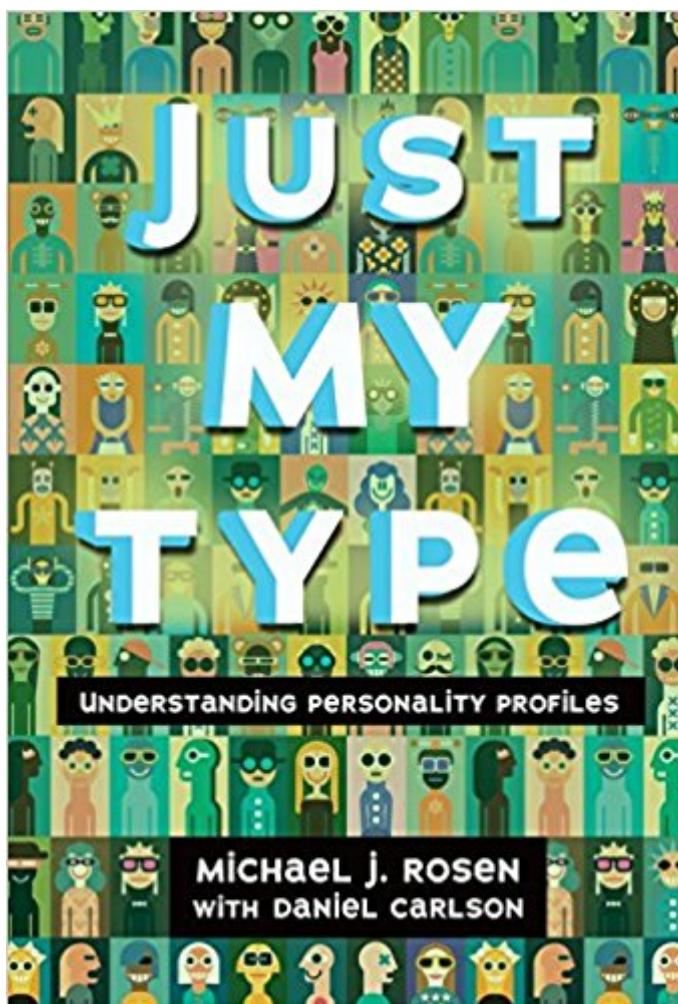


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# Just My Type: Understanding Personality Profiles



## **Synopsis**

For thousands of years, philosophers and scientists have searched for the keys to human personality. Today, personality testing is a multibillion-dollar business. Many people take personality tests online just for fun. Whether silly or serious, personality testing can be an eye-opening way to better understand yourself, your family, and your friends. Just My Type introduces readers to the history of personality profiling, ranging from ancient Chinese astrology, to Freud and Jung, to the modern-day Myers-Briggs and the Minnesota Multiphasic Personality Inventory (MMPI) assessments. Examine the world of online personality assessments through mini self-administered quizzes. Learn how to distinguish useful applications from biased typecasting.

## **Book Information**

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## **Customer Reviews**

Gr 7 Up "An introduction to personality traits and a history of personality psychology, from ancient times to the present. The book examines the hypotheses and research of Sigmund Freud, Carl Jung, John B. Watson, and others. The authors describe the history of psychology and antiquated ideas that have been replaced by modern research. Each point is countered with leading criticisms, encouraging readers to weigh information to draw personal conclusions. Pseudo-psychology is also addressed, and students are reminded to think critically. Prompts and activities throughout make the content more relatable. The pages are colorful and peppered with images, charts, and diagrams that help teens understand the material. VERDICT A helpful introductory resource to the topic.â "Paige Rowse, Needham High School Library, Massachusetts

Michael J. Rosen is the acclaimed author of some three dozen books for children of all ages (and even more for grown-ups!), including *The Cuckoo's Haiku* and *Other Poems for Birders*; *Our Farm: Four Seasons with Five Kids on One Family's Farm* (which he both wrote and illustrated with some 400 photographs); *A Drive in the Country*; *Don't Shoot!*; *A School for Pompey Walker*; and *Elijah's Angel*. For over 35 years, ever since working as a counselor, water-safety instructor, and art teacher at local community centers, Michael has been engaged with young children, their parents, and teachers. As a visiting author, in-service speaker, and workshop leader, he frequently travels to schools and conferences around the nation, sharing his stories, poems, creativity, and humor. As a talented editor and illustrator, Michael has enlisted hundreds of other authors and artists to create 15 philanthropic books that aid in the fight to end childhood hunger through *Share Our Strength's* national efforts, or that offer care to less fortunate companion animals through *The Company of Animals Fund*, a granting program he began in 1990. For the last four years, working with the *Ohio Children's Foundation*, Michael created a early literacy activity book, particularly designed for kids who are likely to start school without knowing the alphabet: *You, Me, and the ABCs: 100 Ready-for-Reading Activities for Kids and Their Favorite Grown-ups*.

I would recommend this book to anyone! Fabulous read and really helps you understand your personality type and loved ones/friends around you!

I home school and use this book!

Thanks!

You're probably the only one who knows the *real* you, but have you ever found yourself taking personality tests? They're all over the place, especially on the Internet. Of course they are only what you make of them and tests found in magazines and online are not based in hard science. They are usually fun to take, make for good conversation, and tend to be the feel-good types. Just where did all this interest in our personalities originate and why do we want to know about it? From ancient times to the present day, everyone from the individual to the philosophers and scientists of the world have been in search to that special thing that makes us tick ... our personality. In ancient times the Chinese and the Babylonians subscribed to the idea that astrology was the key to our personalities. Astrology was and is the belief that the position of stars, planets, the sun, and the moon can affect life and events on Earth. Astrology is still

widely used as a personality predictor and, in many cases, a fun way to predict our day-to-day circumstances. In fact a full 31 percent of US citizens—approximately 94 million people—put some degree of faith in horoscopes. Chances are if you know your sign, you just might be one of these people. Humorology, a medically-based concept, claimed that good health required a balancing of four body fluids: blood, yellow bile, black bile, and phlegm. Humorology first emerged on the scene when Hippocrates added it to his little bag of medical theories. Ancient practices for delving into the personality also included assessments such as physiognomy. The ancient Chinese were certain that the shape of ones face held the key to the personality. Mien Shiang or physiognomy, recognize eleven distinctive facial shapes. Although not in vogue now, there is some amount of physiognomy still going on these days. You'll learn just how this happens when you read about it in this book. Many people believed that an individual's physical and mental characteristics were one and the same for centuries. Other unusual, but well-regarded practices, included things such as phrenology. Franz Josef Gall, a German scientist, was certain that those bumps and depressions on peoples' heads corresponded to what was going on inside them. Phrenology was a practice that was popular in the United States in the early nineteenth century. It was yet another way to find out about our personalities and those of others. Oddly enough, it was even used to find out if that special someone would make a good spouse. There were no lack of theories and purported discoveries that would delve into the mind in an attempt to find out who we were (and are). There were things like graphology or handwriting analysis, Galton's nature vs. nurture theory, and of course there were the ever-popular theories Sigmund Freud developed. Anyone want to be psychoanalyzed? In this book you'll be able to look at many ways we've looked at personality, both those based pseudoscientific theory and those based on hard scientific fact. Knowing about someone's personality can be big business, but you'll learn in this book that it can also be lots of fun! This is a fascinating book about the world of personality that tweens and teens will love. Much of it is based on the history of personality, but there's more than enough on the fun stuff to interest almost anyone. It's the perfect book, a stepping stone for a report, for any student who wants to delve into personality profiling. One very interesting statement by Anne Murphy Paul puts the entire book and personality profiling into perspective: The reality is that personality tests cannot begin to capture the complex human beings we are. There are numerous informative sidebars, some full page, that add a lot to the book. For example, there's an interesting experiment that will determine your level of introversion or extroversion. In the back of the book is an

index, source notes, a glossary, a selected bibliography, and additional recommended book and website resources to explore. This is definitely a high-interest book that should be on library shelves everywhere!NonfictionScienceGrades: 7 - 12This book courtesy of the publisher.

Digging into the history and science of personality, Just My Type is the perfect book for teens and tweens! People have always been trying to explain why people are the way they are. From the 'humors' described by the early Greeks, to phrenology, to online personality tests, we love to see what makes people tick. Businesses use personality tests to find the right person for a job and dating sites use them to match us up with our soulmates. Unfortunately, personality tests can also be pure speculation and pseudoscience used to discriminate and push an agenda. Just My Type shows teens the history of our search for answers about personality.

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