

The 16 Personality Types: Descriptions for Self-Discovery

By Linda V Berens, Dario Nardi

 Download

 Read Online

The 16 Personality Types: Descriptions for Self-Discovery By Linda V Berens, Dario Nardi

The 16 Personality Types, Descriptions for Self-Discovery is an invaluable tool for users of the MBTI and related instruments. These descriptions present a living systems approach to describing the 16 types. Dr. Berens and Dr. Nardi have captured the essence of the 16 type patterns and crafted descriptions to be used to by individuals to clarify their best-fit type. This booklet provides the user with . . . * an interactive process to help individuals clarify their own best-fit type. * worksheets to help individuals better understand themselves and others. * a brief description of the themes for each type pattern * a snapshot for each type pattern * a full page Portrait for each type pattern--written in third person * a full page Self-Portrait--the long awaited Self-Discovery Descriptions - written in 1st Person * appendices for a brief overview of temperament, interaction styles, and type dynamics and development. From the Back Cover "Knowing others is intelligence; knowing yourself is true wisdom. Mastering others is strength; mastering yourself is true power." - Lao Tzu Like trees in a forest, we are ever changing . . .yet staying the same . . .weathering the seasons of life. Coming to understand who we are is like looking into a lake. Sometimes the lake is so clear the reflection is nearly perfect, and we can't tell what is "real" and what is reflected. Other times, as in life, the lake is choppy. We only see a resemblance of ourselves, or we recognize nothing at all. Self-reflection can help us know ourselves, but may lead us in circles. Likewise, personality tests aren't always accurate. They are, like the choppy lake, subject to the winds of change, often reflecting our basic pattern but sometimes misleading us. Friends, family, and co-workers can give us valuable feedback but see us through their own lenses--sometimes, only giving us clues. Only by integrating all of these methods can we find our best-fit personality type pattern. *The Sixteen Personality Types, Descriptions for Self-Discovery* engages you in a self-discovery process using multiple forms of feedback. This process of uncovering and revealing requires your active participation. This book is designed to help you actively participate in your own self-discovery process. Accurate identification of our best-fit personality type pattern is the first step in mastering ourselves. Without it, we can delude ourselves. With it, we can find true insight, wisdom, security and freedom.

 [Download The 16 Personality Types: Descriptions for Self-Di ...pdf](#)

 [Read Online The 16 Personality Types: Descriptions for Self- ...pdf](#)

The 16 Personality Types: Descriptions for Self-Discovery

By Linda V Berens, Dario Nardi

The 16 Personality Types: Descriptions for Self-Discovery By Linda V Berens, Dario Nardi

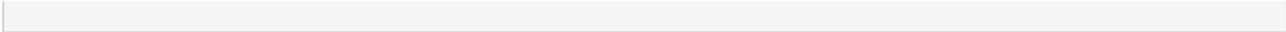
The 16 Personality Types, Descriptions for Self-Discovery is an invaluable tool for users of the MBTI and related instruments. These descriptions present a living systems approach to describing the 16 types. Dr. Berens and Dr. Nardi have captured the essence of the 16 type patterns and crafted descriptions to be used to help individuals to clarify their best-fit type. This booklet provides the user with . . . * an interactive process to help individuals clarify their own best-fit type. * worksheets to help individuals better understand themselves and others. * a brief description of the themes for each type pattern * a snapshot for each type pattern * a full page Portrait for each type pattern--written in third person * a full page Self-Portrait--the long awaited Self-Discovery Descriptions - written in 1st Person * appendices for a brief overview of temperament, interaction styles, and type dynamics and development. From the Back Cover "Knowing others is intelligence; knowing yourself is true wisdom. Mastering others is strength; mastering yourself is true power." - Lao Tzu Like trees in a forest, we are ever changing . . .yet staying the same . . .weathering the seasons of life. Coming to understand who we are is like looking into a lake. Sometimes the lake is so clear the reflection is nearly perfect, and we can't tell what is "real" and what is reflected. Other times, as in life, the lake is choppy. We only see a resemblance of ourselves, or we recognize nothing at all. Self-reflection can help us know ourselves, but may lead us in circles. Likewise, personality tests aren't always accurate. They are, like the choppy lake, subject to the winds of change, often reflecting our basic pattern but sometimes misleading us. Friends, family, and co-workers can give us valuable feedback but see us through their own lenses--sometimes, only giving us clues. Only by integrating all of these methods can we find our best-fit personality type pattern. *The Sixteen Personality Types, Descriptions for Self-Discovery* engages you in a self-discovery process using multiple forms of feedback. This process of uncovering and revealing requires your active participation. This book is designed to help you actively participate in your own self-discovery process. Accurate identification of our best-fit personality type pattern is the first step in mastering ourselves. Without it, we can delude ourselves. With it, we can find true insight, wisdom, security and freedom.

The 16 Personality Types: Descriptions for Self-Discovery By Linda V Berens, Dario Nardi
Bibliography

- Sales Rank: #463865 in Books
- Published on: 1999-07-19
- Number of items: 1
- Dimensions: 11.00" h x .20" w x 8.50" l,
- Binding: Paperback
- 52 pages

 [Download The 16 Personality Types: Descriptions for Self-Di ...pdf](#)

 [Read Online The 16 Personality Types: Descriptions for Self- ...pdf](#)



Download and Read Free Online The 16 Personality Types: Descriptions for Self-Discovery By Linda V Berens, Dario Nardi

Editorial Review

Review

After 10 Years of working with personality type, I have finally read a description of myself I could have written! --Karen Welcome, Staff OD Specialist, Adanced Micro Devices

By far the best type descriptions written. Finally, a resource that makes the differences between EXXX and IXXX easy to understand! --Laurie Duckworth, Trainer, Eastman Chemical

These are the best descriptions of the sixteen personality types I have seen. --Franklin D. Brown, Outplacement Director, Technifind Outplacement

About the Author

Linda V. Berens Linda V. Berens, Ph.D. is the Director and Founder of Interstrength Associates, which provides organizational consulting. She is the author of *Understanding Yourself and Others, an Introduction to Temperament*, among other titles and numerous training materials. As an organizational development consultant, she applies systems thinking and understanding individual differences to solving organizational problems. She is a licensed Marriage and Family Therapist and Educational Psychologist, and has over thirty-five years experience using temperament and type with individuals and teaching these theories to professionals. Linda is recognized internationally for her contributions to the field of psychological type, for integrating temperament and Jung's typology, and for developing user friendly training materials for practical application of those theories. Dario Nardi Dario Nardi, Ph.D. teaches social science and computing at the University of California (Los Angeles) in the Human Complex Systems degree program. He has been working with type and temperament since 1992, and has been intimately involved in innovative product development with Interstrength Associates. He is the author of various books including *8 Keys to Self-Leadership* and *Multiple Intelligences and Personality Type*. Dario received his degree in systems science from S.U.N.Y. Binghamton's Watson School of Engineering. His background in systems thinking, linguistics and artificial intelligence, undergraduate curriculum design and writing has led him to breakthroughs using multiple methods and models for getting at the "true self," as well as for restructuring academic courses to suit all learning styles.

Users Review

From reader reviews:

Debra Rubino:

Hey guys, do you desires to finds a new book to see? May be the book with the name The 16 Personality Types: Descriptions for Self-Discovery suitable to you? The book was written by renowned writer in this era. The book untitled The 16 Personality Types: Descriptions for Self-Discovery is the main of several books which everyone read now. This specific book was inspired many men and women in the world. When you read this e-book you will enter the new way of measuring that you ever know ahead of. The author explained their idea in the simple way, and so all of people can easily to understand the core of this reserve. This book will give you a great deal of information about this world now. To help you to see the represented of the world with this book.

James Turco:

Reading a reserve tends to be new life style within this era globalization. With looking at you can get a lot of information that will give you benefit in your life. Having book everyone in this world could share their idea. Ebooks can also inspire a lot of people. Plenty of author can inspire their very own reader with their story or perhaps their experience. Not only situation that share in the publications. But also they write about the information about something that you need instance. How to get the good score toefl, or how to teach your children, there are many kinds of book which exist now. The authors these days always try to improve their skill in writing, they also doing some research before they write to the book. One of them is this The 16 Personality Types: Descriptions for Self-Discovery.

Ernesto Harrell:

Does one one of the book lovers? If so, do you ever feeling doubt if you find yourself in the book store? Make an effort to pick one book that you never know the inside because don't ascertain book by its deal with may doesn't work this is difficult job because you are afraid that the inside maybe not as fantastic as in the outside appear likes. Maybe you answer could be The 16 Personality Types: Descriptions for Self-Discovery why because the excellent cover that make you consider concerning the content will not disappoint anyone. The inside or content is fantastic as the outside or perhaps cover. Your reading sixth sense will directly direct you to pick up this book.

Tom Tucker:

It is possible to spend your free time you just read this book this publication. This The 16 Personality Types: Descriptions for Self-Discovery is simple to deliver you can read it in the park your car, in the beach, train and also soon. If you did not include much space to bring typically the printed book, you can buy the actual e-book. It is make you quicker to read it. You can save the particular book in your smart phone. Thus there are a lot of benefits that you will get when one buys this book.

Download and Read Online The 16 Personality Types: Descriptions for Self-Discovery By Linda V Berens, Dario Nardi
#15V9BP4GNSW

Read The 16 Personality Types: Descriptions for Self-Discovery By Linda V Berens, Dario Nardi for online ebook

The 16 Personality Types: Descriptions for Self-Discovery By Linda V Berens, Dario Nardi Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The 16 Personality Types: Descriptions for Self-Discovery By Linda V Berens, Dario Nardi books to read online.

Online The 16 Personality Types: Descriptions for Self-Discovery By Linda V Berens, Dario Nardi ebook PDF download

The 16 Personality Types: Descriptions for Self-Discovery By Linda V Berens, Dario Nardi Doc

The 16 Personality Types: Descriptions for Self-Discovery By Linda V Berens, Dario Nardi Mobipocket

The 16 Personality Types: Descriptions for Self-Discovery By Linda V Berens, Dario Nardi EPub