



Me, Myself, and Us: The Science of Personality and the Art of Well-Being (Hardback)

By Brian R. Little

The Perseus Books Group, United States, 2014. Hardback. Book Condition: New. 241 x 160 mm. Language: English . Brand New Book. How does your personality shape your life .and what, if anything, can you do about it? Are you hardwired for happiness, or born to brood? Do you think you re in charge of your future, or do you surf the waves of unknowable fate? Would you be happier, or just less socially adept, if you were less concerned about what other people thought of you? And what about your Type A spouse: is he or she destined to have a heart attack, or just drive you to drink? In the past few decades, new scientific research has transformed old ideas about the nature of human personality. Neuroscientists, biologists, and psychological scientists have reexamined the theories of Freud and Jung as well as the humanistic psychologies of the 1960s, upending the simplistic categorizations of personality types, and developing new tools and methods for exploring who we are. Renowned professor and pioneering research psychologist Brian R. Little has been at the leading edge of this new science. In this wise and witty book he shares a wealth of new data and...



READ ONLINE
[5.7 MB]

Reviews

This book can be worthy of a read, and much better than other. It usually fails to charge a lot of. I realized this publication from my dad and i encouraged this pdf to understand.

-- **Prof. Flo Cruickshank DDS**

It in a of my personal favorite book. It is writter in easy terms and never hard to understand. Its been designed in an exceedingly easy way and it is only after i finished reading this publication by which in fact changed me, change the way i think.

-- **Lucinda Stiedemann**