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Understanding Yourself and Others: An Introduction to the Personality Type Code

Linda V. Berens, Dario Nardi

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Introduce psychological type and the eight cognitive processes. Include descriptions of what each process looks like within each type. These breakthrough descriptions will help your clients understand their complete type pattern in way never before available.

Like the reflections of trees on the water, descriptions of personality type patterns are merely reflections of the human patterns of life. Sometimes these patterns are easy to see in ourselves and in others. At other times we miss important aspects of these patterns because they fall in our blind spots and are "in the shadow."

The personality type code devised by Isabel Myers can be a powerful tool for explaining individual differences. And while the type code embodies a simple presentation, it was meant to represent a "whole" personality pattern. We are more than the letters or the "sum of our preferences." Once we realize that we are dynamic and constantly developing, we are freer to step outside our natural pattern, bridge communication gaps, and follow our natural instincts for developing unexplored aspects of ourselves.

Understanding Yourself and Others: An Introduction to the Personality Type Code presents a first-of-its-kind look at the sixteen personality types and takes you deep into the richness of the patterns. You will explore the whole range of cognitive processes available to you for accessing and gathering information and for evaluating that information as well as how those processes play out in your personality in both positive and negative ways.

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