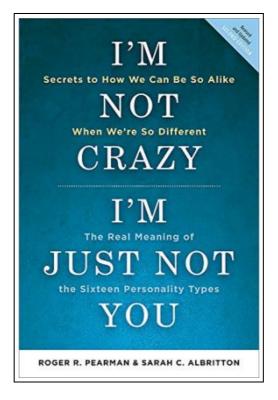
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Hodder Stoughton General Division, United Kingdom, 2011. Paperback. Condition: New. 2nd edition. Language: English. Brand New Book. Tracing the growth of the study of personality type from its roots in the work of Carl Jung to today s subtly nuanced type theory, I m Not Crazy, I m Just Not You shows how greatly our individual personality preferences affect our interactions with others. By shedding light on individual characteristics and tendencies, psychologists Roger R. Pearman and Sarah C. Albritton teach us how to overcome our natural inclination to judge difference in order to recognize and celebrate it. This new edition includes current research into psychological type, information about the benefits of using type to enhance health and manage stress, discussion of the link between type and emotional intelligence and analysis of how personality preferences translate across generational and cultural divides.



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