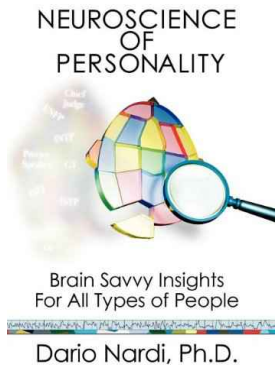


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Neuroscience of Personality: Brain Savvy Insights for All Types of People



Neuroscience of Personality: Brain Savvy Insights for All Types of People

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4/5 From 332 Reviews

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22 of 22 people found the following review helpful. Excellent musthave for anyone interested in cognitive (learning) processes. By PaulThe book is a well written, practical, report. The author, an award winning UCLA professor, shows clearly that it is plausible that there is an correlation between Myers-Briggs personality and activity in certain regions of the brain. You don't have to be an expert to understand the book from beginning to end. The correlation has been found in lab experiments. The reader can find out his/her own personality type and understand which brain processes and -regions are most probably favorite. The author suggests that by understanding the neuroscience of personality, we can improve education, work and relationships. The book is not a final overview, but as the author states: this is version 1.0. For me, as a lecturer, it is a welcome guide to help to understand the different ways of learning and how I can motivate and stimulate students to learn. The book is inspiring and great fun to read, because the author succeeded well in translating a long term academic (pilot) study into a very accessible practical guide. 3 of 3 people found the following review helpful.

Great Way of Seeing YOUR Potential By Kelly Basically, this book, along with other assessments and studies from Myers-Briggs, Carl Jung, etc.

views personality as a science and shows functioning of how personality works with the mind. If you have taken the MBTI Personality Assessment (I recommend a professional environment, such as therapy or taking a school course in personality or psychology), it is actually quite helpful in looking after what your strengths are. This book is a way of looking at your personality and how it works with the mind. Different angles, such as, "what is Extraverted Sensing? How does a mainly functioning extraverted sensor have the mind work? When does it work best? What personalities mainly work for this function? What are good questions to ask an extraverted sensor?" and not just for extraverted sensing, but the other main cognitive functions and personality types. If you have taken the test, a 4-letter combination along the lines of INTP may look familiar and there is a way you can

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