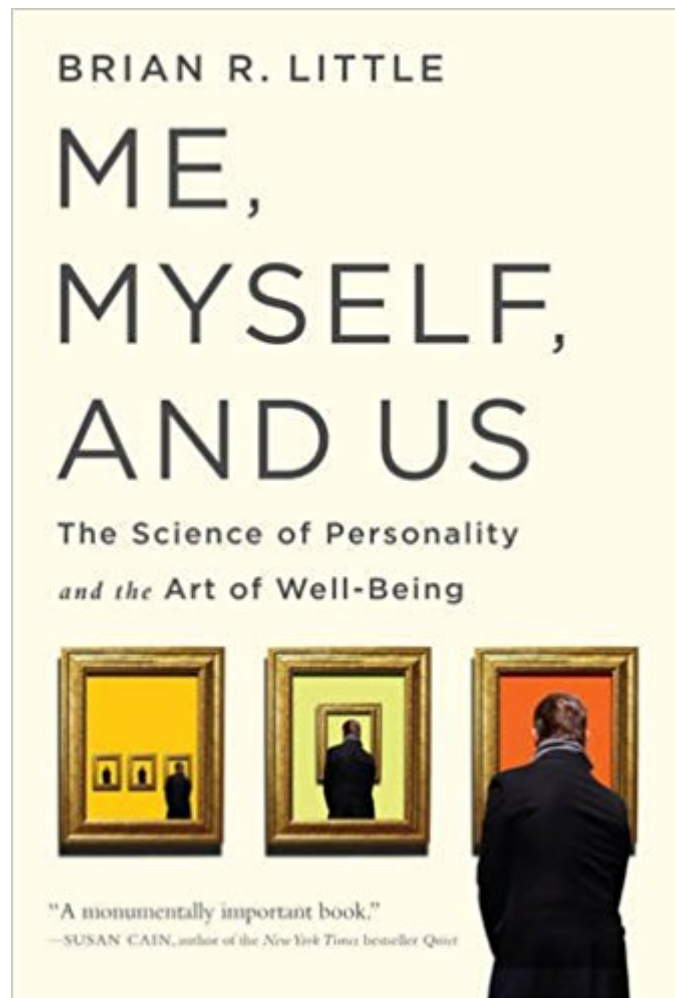




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# Me, Myself, And Us: The Science Of Personality And The Art Of Well-Being



## Synopsis

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 provocative insights about who we are, why we act the way we do, what we can't change, and how we can best thrive in light of our nature. Me, Myself, and Us explores questions that are rooted in the origins of human consciousness but are as commonplace as yesterday's breakfast conversation, such as whether our personality traits are set by age thirty or whether our brains and selves are more plastic. He considers what our personalities portend for our health and success, and the extent to which our well-being depends on the personal projects we pursue. Through stories, studies, personal experiences, and entertaining interactive assessments, Me, Myself, and Us provides a lively, thought-provoking, and ultimately optimistic look at the possibilities and perils of being uniquely ourselves, while illuminating the selves of the familiar strangers we encounter, work with, and love.

## Book Information

Paperback: 288 pages

Publisher: PublicAffairs; First Trade Paper Edition edition (April 5, 2016)

Language: English

ISBN-10: 1610396383

ISBN-13: 978-1610396387

Product Dimensions: 5.5 x 0.9 x 8.2 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars See all reviews (29 customer reviews)

Best Sellers Rank: #56,322 in Books (See Top 100 in Books) #89 in Books > Health, Fitness &

Dieting > Psychology & Counseling > Creativity & Genius #178 inÂ Books > Health, Fitness & Dieting > Aging #243 inÂ Books > Health, Fitness & Dieting > Psychology & Counseling > Personality

## Customer Reviews

Review of Me, Myself, and Us: The Science of Personality and the Art of Well-Being by Brian R. Little About once a year you read a book that both confirms your beliefs and introduces you to new ways of thinking. Me, Myself, and Us is the book for 2015. It is a pleasure to read a book that is clearly written and humorous yet full of insights. Thankfully it gives neuroplasticity a miss and tries to explain how you can have a happy life without morphing into a sermon on new-age spirituality. Instead Little takes as his mantra that happiness is derived by understanding who we are and what we do and then spends 288 pages explaining how it can be achieved. The first insight by Little is that there are three sources of our personality traits: 1. Biogenic referring to the aspects of our personality sourced genetically. (50%) 2. Sociogenic, those aspects learned from social and cultural factors (25%), and 3. Idojenic, referring to the aspects of our personality best accounted for by (idiosyncratic) individual factors such as personal values, goals, projects and commitments. (25%) Personally I think the London Twins study makes the percentages more like 66%-17%-17% but it still is a very useful model. With regard to Biogenic factors Little begins by dumping on Myers-Briggs saying the test lacks both reliability and validity. In addition he makes the point that it is not Type that counts in personality but traits. I must confess as someone who regards MBTI as a waste of time I enjoyed this section. Instead Little recommends the reader adopt the Big Five model. The five-factor model (FFM) identifies 5 core traits: 1. openness to creativity 2. conscientiousness 3. extraversion 4. agreeableness 5.

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