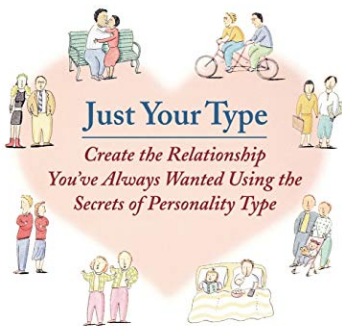


# [PDF] Just Your Type: Create The Relationship You've Always Wanted Using The Secrets Of Personality Type

Paul D. Tieger, Barbara Barron-Tieger - pdf download free book

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From the authors of *Do What You Are*, the 500,000-copy bestseller



#### Books Details:

Title: Just Your Type: Create the Re

Author: Paul D. Tieger, Barbara Barr

Released: 2000-01-14

Language:

Pages: 336

ISBN: 0316845698

ISBN13: 978-0316845694

ASIN: 0316845698

Paul D. Tieger & Barbara Barron-Tieger

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#### Description:

**From Publishers Weekly** With a nod to Jung and Myers-Briggs, the Tieggers (*Do What You Are*, etc.) once again plumb the depths of personality type theory. This time, they apply it to the realm of committed romantic relationships, including (but not limited to) marriage. According to the authors, everyone can be characterized by one of 16 personality types; using them, we can attain a clear understanding of our partners and ourselves and achieve better communication and smoother relationships. They begin

with a thorough yet succinct self-analysis to identify the "unconscious preferences" that make up one's type: introversion or extroversion, sensing or intuition, thinking or feeling and judging or perceiving. The rest of the text is a sourcebook for referencing specific combinations of types, typical communication difficulties and suggestions for how each partner can better "reach" the other. The Tieggers are adamantly opposed to popular theories of innate gender differences, as well as to the notion that relationships between people of disparate types are doomed. Ending with a concise summary of their research and a supplementary guide to professional counselors, organizations and books, the authors offer a uniquely constructive handbook for couples. Agent, Kit Ward. (Feb.)  
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**From Library Journal** The Tieggers, renowned experts on personality type and authors of *Do What You Are*, have put together an exhaustive summary of how people with different Myers-Briggs Personality Indicators respond to each other in intimate relationships. They give an overview of types and temperaments and a solid rundown of the 16 different personality types. Readers who don't know their Myers-Briggs type will benefit from the section on figuring it out without actually taking a written test. The meat of the book consists of chapters that, using 136 profiles, spell out the issues faced by people in different combinations of types. They outline the joys and the frustrations found in each combination and give tips on how to reach partners whether their type is exactly the same as yours or diametrically opposed. Given the popularity of Myers-Briggs typing and of the authors' previous book, most public libraries should probably order a copy of this well-balanced and informative work.  
-Pamela A. Matthews, *Gettysburg Coll. Lib., PA*  
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