



# Just Your Type: Create the Relationship You've Always Wanted Using the Secrets of Personality Type

By Paul D. Tieger, Barbara Barron-Tieger

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Discover how the secrets of Personality Type can enliven your love life! Learn the real reason why your strong quiet type has trouble expressing his feelings. Or why your social butterfly is always flirting...or why the neatnik in your life just can't leave that dirty sock where it is...or why the hopeless romantic really is blinded by the stars in his eyes. Whether you're evaluating a new relationship or looking to strengthen the one you have, this savvy guide will provide fresh insight into the mysteries of love. Barbara Barron-Tieger and Paul Tieger explain that it's not gender but personality type - your natural tendency to be outgoing or quiet, methodical or whimsical--that rules the way men and women relate.

Drawing on twenty years of experience as well as groundbreaking new research, they explain everything you need to know about Personality Type, and offer an individualized approach to improving your love life. Once you've discovered which personality type describes you and your partner (or potential partner) best, you'll recognize your own behavior patterns, understand more about your partner's strengths and quirks, and learn

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By Paul D. Tieger, Barbara Barron-Tieger **Bibliography**

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## **Editorial Review**

### From Publishers Weekly

With a nod to Jung and Myers-Briggs, the Tiegers (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 Tiegers 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 Tiegers, 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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### Review

"...a well-balanced and informative work." -- *Library Journal*, 1/00

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#### **Lois Araiza:**

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of people can easily to know the core of this book. This book will give you a lot of information about this world now. So you can see the represented of the world on this book.

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### **Ismael Soliz:**

The book untitled Just Your Type: Create the Relationship You've Always Wanted Using the Secrets of Personality Type contain a lot of information on it. The writer explains your ex idea with easy method. The language is very simple to implement all the people, so do not necessarily worry, you can easy to read that. The book was authored by famous author. The author brings you in the new era of literary works. You can read this book because you can read more your smart phone, or device, so you can read the book with anywhere and anytime. In a situation you wish to purchase the e-book, you can available their official website and order it. Have a nice study.

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