



The New Personality Self-Portrait: Why You Think, Work, Love and Act the Way You Do

John Oldham, Lois B. Morris

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The New Personality Self -portrait is the only guide to personality types based on the American Psychiatric Association's just-published official diagnostic system -- the DSM -IV -- and written by one of today's leading personality researchers. A long-time backlist bestseller in its previous edition, it has now been completely updated to include all the fascinating new information about how we become who we are-and how we can change. The self-test in *The New Personality Self -portrait* is already used extensively in mental health and business settings. It reveals a profile so personal, so accurate, that it's as individual as a fingerprint. Readers discover their unique mix of 14 distinct personality styles -- and learn how those traits impact their relationships, work and home life. Fascinating case histories show each style in action, with tips on how to live and work with every type, and exercises for turning vulnerabilities into strengths -- plus warnings about when individual differences develop into personality disorders.

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