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Me, Myself, and Us: The Science of Personality and the Art of Well-Being (First Trade Paper Edition)

By Brian R. Little

The Perseus Books Group. Paperback. Book Condition: new. BRAND NEW, Me, Myself, and Us: The Science of Personality and the Art of Well-Being (First Trade Paper Edition), Brian R. Little, 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...



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