



What Type Am I?: The Myers-Brigg Type Indication Made Easy

Renee Baron

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Based on the classic personality test taken by millions annually, this book will help you to assess your individual preferences in four basic areas: how you relate to the world, take in information, make decisions, and manage your life. Now a family therapist explains this fascinating system in a way that is entertaining and easy to absorb. Renee Baron takes on the complexity of the sixteen personality types and makes them accessible, so you can comprehend them, find your own type, and use the knowledge to enrich your own life. Here is information about individual strengths and weaknesses along with suggestions for personal growth and awareness. Whether you are a duty seeker or an action seeker, a knowledge seeker or an ideal seeker, "What Type Am I?" is insightful, helpful, encouraging, and an eminently useful step in helping you appreciate your strengths and apply them to work, love, and life.

What Type Am I?: The Myers-Brigg Type Indication Made Easy Details

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From Reader Review What Type Am I?: The Myers-Brigg Type Indication Made Easy for online ebook

Sarah says

I got What Type Am I? Discover Who You Really Are by Renee Baron out of the library before I went on vacation and read it at the beach. I love personality theories; they're fascinating to me. Baron's book is an easy-to-access version of David Keirsey's Please Understand Me II, which was based on the classic Meyers-Briggs Type Indicator. Please Understand Me II was my first introduction to personality types when I borrowed it off of my dad's bookshelf when I was in junior high. It is a fascinating book, but long and dense at points. Baron's What Type Am I? is much lighter and easier to read, complete with silly but helpful comics to explain the different personality types. Baron also includes a sorter to help the reader identify his/her type.

Meyers-Briggs believed that "people are born with preferences ... ways in which we naturally 'prefer' to do certain things." Their indicator lists four pairs of opposite preferences (from Baron's book):

Extroverting (E) and Introverting (I)

This pair refers to where we prefer to focus our attention and what energizes us. People who prefer Extroverting get their energy from the outer world of people, activities, and things. People who prefer Introverting get their energy from their inner world of ideas, impressions and thoughts.

Sensing (S) and iNtuiting (N)

This pair refers to how we prefer to take in information. People who prefer Sensing pay attention to information taken in directly through their five senses and focus on what is or what was. People who prefer iNtuiting pay attention to their sixth sense, to hunches and insights, and they focus on what might be.

Thinking (T) and Feeling (F)

This pair refers to how we evaluate information to make decisions. People who prefer Thinking make decisions in a logical, objective way. Those who prefer Feeling make decisions in a personal, values-oriented way.

Judging (J) and Perceiving (P)

This pair refers to our lifestyle orientation. People who prefer Judging tend to live in an organized, planned way. People who prefer Perceiving tend to live in a spontaneous, flexible way.

I think that the words they chose can be misunderstood today. If you prefer Judging, it does not mean that you are judgmental, and contrary to common opinion, extroversion is not synonymous with being outgoing, nor is introversion synonymous with being shy. It is also important to remember that everyone uses all of these options, but most people simply feel more comfortable in one option or the other.

Baron pointed out something that is very interesting to me: some people do not feel comfortable with their natural preferences because they go against cultural conditioning. In the US, "women are often socialized to behave like Feelers and men are often socialized to behave like Thinkers," which could lead to men and woman who prefer their non-culturally conditioned option to feel as though something is wrong with them. This can also happen if one child has a different preference from the rest of his/her family.

I know that some people feel that personality sorters try to put them into a box, but, to quote Elizabeth

Bennet at the end of *Pride and Prejudice*, "my feelings are quite the opposite." Learning that I am an ENFJ has helped me to learn so much about myself. It has helped me to understand my motivations, which have helped me to improve my life and my relationships with others.

To learn more, read the book or even check out *What's Your Personality Type?* on Blogthings. It is actually quite accurate... and lots of fun!

From my blog, August 2010: <http://sarahfett.blogspot.com/2010/08...>

Sue says

fun intro to Myers-Briggs personality assessment

Ellen says

This book helped me understand the basics of Myers-Briggs, but I found it somewhat limited. I still have not accounted for why I am Introvert dominant, but often have extrovert tendencies. I plan to read on in this subject area. The author also introduces a little bit of David Keirsey's theories on personality (*Please Understand Me*, etc.), as well as the more ancient study of the Enneagram, which I knew very little about. Older readers and students of psychology and personality will enjoy the appendix which goes into more details about Myers-Briggs and explain the basics of Enneagrams.

I think this book will be great for teens and their families. The writing is clear and simple in most places (but hold onto your hat while you learn specific definitions for usually more generic terms like type and temperament). Every kid thinks that they were adopted at one point, and this is the perfect book to read when you have that feeling -- that you are all alone in the world. Even as an adult, I still had a strong critical voice inside me telling me I should be more this and more that. Turns out, those values are not really mine and that is not where my dominant tendencies lie. The introduction by the author is powerful. I felt that she was speaking with my voice. I knew she felt the same way I did as a kid.

Charmaine E. Pooh says

Great insight on Jung, Myers, and Keirsey. Specifically geared toward teenagers. Excellent reference to have. Includes what I've seen to be the best and most accurate temperament sorter. Sorter is especially good for people who have not studied psychology and so don't recognize the context of words used in KTS-II or MBTI. At least I've found it to be the most accurate for my friends, family, and colleagues. The descriptions though are definitely geared to teenagers.

Jasmine Teed says

This book really helped me to understand the different types more than any other books or websites I read before. I've been interested in Myers - Briggs types for a while and had done a lot of research, done online

tests and even a professional administered one, but after reading this book I finally felt like I really understood what the different modes meant and how to best use my own instinctive ways of reacting, taking in information, relating, organizing myself etc. It's also great for understanding others and the best way to interact with them. As a writer I enjoy exploring different personality theories as a way to understand my characters and what their motivations and modes of doing things and being in different situations might be, especially if I'm writing a character very different from myself. The illustrations and cartoons in this book helped to make different things I'd read before but hadn't quite understood clear to me. Plus many of them are quite amusing!

Tony says

I enjoyed this book, however it is too brief.

Veronika Iris says

Very compact and informative, sadly nothing about the functions, which I personally think are the most important part of the MBTI. But it's very well written, funny and engaging and very easy to get into. Also the little comic strips are really neat. So 4 stars.

David says

A good book for beginners in the subject.

Rift Vegan says

I read this book for work, and I never would have picked it up unless forced to! ;) I am a "Introvert - Sensing - Thinking - Perceiving" type. But in the big scheme of things, that's not very interesting!

MrsMJ says

This was a good book, but was very basic. It had info that at the time of publication was probably mind-blowing. However, now that information is easily accessible on the internet, I had already found most of this info online for free (<https://www.16personalities.com/>) and was hoping to learn more by reading this book... I still gave the book three stars because it was good info. It just wasn't anything beyond what the internet already offers for free, so I didn't give it more than three.

Cale says

This is an interesting, fairly casual introduction to Myers Briggs Personality Types, mixed with Temperaments. I'd never come across the Temperaments approach before, but it doesn't add a whole lot - just categorizes types into four archetypes. The information is geared to families, although it does include some reference to work impact as well. There's also a section at the very end about Enneagrams that just kind of feels thrown in. Again, somewhat useful but not deep enough to really go anywhere.

I tested differently than I have in the past - I used to be an INTJ, but now I tested as ISTJ/ISFJ (My T and F results were tied, although I think I probably lean toward the ISTJ more). The test is pretty short so it's nowhere near as reliable an indicator as a full Myers Briggs test would be. Still, it's a good starter book for the Myers Briggs types with a little more thrown in.

Lina Gholami says

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Autumn says

As this book points out, INFJs have a fundamental need to understand themselves and the people and all the relationships and the dynamics around them. So obviously I enjoyed this guide to the MBTI personality types ?

It's not the first Myers Briggs resource I've investigated and of course won't be the last, but it was definitely a handy breakdown of the system, with quizzes and tips to help you determine your type, and in depth summaries of each type with tips for relating to other types, advice for careers and personal development, etc. Recommended for anyone interested in the study of personalities!

Gabriela says

This was, like, the dreamiest textbook you'd ever want: easy-to-read, informative enough though not too in-depth, illustrative and straight-forward. The preference tests made it easy and fun to pinpoint specific types

for different people in my life (which really appealed to the non-dominant Thinker in me!), and the "suggestions" and comics were useful and amusing. A small criticism would be that I wish it'd had a deeper analysis or perhaps a bit more science without becoming too obtuse. But as a fun activity book and conversation piece, it was a fun time!

Esteban del Mal says

What's to say? At my worst I'm "hypersensitive, overly emotional, judgmental, impractical, unrealistic, and self-absorbed."

I don't wanna talk about it.
