



# Personality Type: An Owner's Manual (Jung on the Hudson Book Series)

*Lenore Thomson*

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The type test inside will tell you about the choices you've made and the direction you're taking—according to C. G. Jung's theory of psychological types.

For Jung, knowing your type was essential to understanding yourself: a way to measure personal growth and change. But his ideas have been applied largely in the areas of career and marital counseling, so type has come to seem predictive: a way to determine your job skills and social abilities.

This book reclaims type as a way to talk about people's inner potential and the choices they make in order to honor it. Using everyday examples from popular culture—films, "Star Trek," soap operas, comic strips—it describes the sixteen basic ways people come to terms with their gifts and values.

In this book you will find tools to understand:

- How your personality takes shape
- How your type reflects not only your current priorities, but your hidden potential
- How unlivable possibilities are trying to get your attention
- How relationships at home and at work can help you to tap your unrealized gifts

Whether you're trying to figure out who you are and what you need to do in life, or recognizing that deeper meaning lies beyond what you've already accomplished, this book will help you to become aware of your greatest strengths, your opportunities to live them out, and your ability to make the most of your unique potential.

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