



Understanding Yourself and Others, An Introduction to Temperament

By *Linda V. Berens*

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The four temperaments are patterns of organization. David Keirsey described these patterns of organization in the popular book *Please Understand Me*. By understanding these four temperament patterns we can better understand and relate to others. In this booklet, Linda V. Berens has made these temperament patterns more available and applicable to everyday life. As an application booklet, *Understanding Yourself and Others, An Introduction to Temperament* is designed to be interactive so you can explore the four temperament patterns and identify your own and others.

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Bibliography

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Editorial Review

From the Back Cover

"Whenever we try to pick out anything by itself, we find it hitched to everything else in the universe." - John Muir

Like trees in a forest we are all unique and yet interconnected. We are self-organizing systems within larger self-organizing systems. For survival, each system must remain separate and at the same time be connected with other systems. We must know our own identity, maintain our uniqueness and yet be an integral part of the larger community.

The four temperaments are patterns of organization. They have been recognized for over 25 centuries and their existence is supported by research. Knowing these patterns allows you to know yourself and understand others at a very deep level.

These patterns of organization are natural organizing principles that show up in all levels of living systems. Understanding Yourself and Others, An Introduction to temperament relates these patterns to human interaction. When you know how you tend to be organized, it is easier to work with that organizing force and to even go beyond it.

Knowing your temperament patterns helps you be: - more conscious and in control of your life - more responsible to yourself, to others and to institutions - more connected and real - more independent and free

About the Author

Linda V. Berens, Ph.D., is California licensed as a Marriage, Family and Child Therapist and Educational Psychologist. She has conducted seminal research in her doctoral dissertation entitled, A Comparison of Jungian Function Theory and Keirseyan Temperament Theory in the Use of the Myers-Briggs Type Indicator. Dr. Berens has worked with the theory of personality types for over 22 years, in direct relationship with David Keirsey, Ph.D., the author of the popular book Please Understand Me. Over the last 10 years, she has conducted extensive qualitative research into the characteristics of the the four temperaments described by Keirsey as well as how each temperament is differentiated, which makes up the sixteen types as described in the popular Myers-Briggs Type Indicator. As a result of this research she has developed a methodology for helping people understand themselves and others, placing her and her associates on the leading edge of work in this field.

She has conducted thousands of training programs in this theory and its applications to counseling, education, career development and organizational development. She has qualified over 500 people to purchase the Myers-Briggs Type Indicator and is frequently called upon to be the consultant's consultant. She has trained and consulted with professionals in a wide range of companies including Blanchard Training and Development, Reebok International, American Express, B.A.R.T., Marriott, Boeing, McDonnell Douglas, Lockheed, Hughes Aircraft, Ford, U.S. Army, Sybase, Advanced Micro Devices, Apple Computer, Toyota, U.S. Customs, Exxon, 76 Products, Nabisco, and Beckman Instruments.

Dr. Berens is the co-author of the popular book, Working Together, a personality-centered approach to management. She has co-developed many training materials including Temperament and Type Dynamics - The Facilitator's Guide, The Quick Guide to Working Together, The Temperament Targets, Temperament Report Form, Temperament Card Deck, The Interpretation Guide and more.

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From Why?: There are many ways of explaining human differences. Some say differences are inborn; some say they are acquired through experience. Scientists now say both of these viewpoints are true. This book is about temperament, one of the oldest ways of looking at personality diversity.

Users Review

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Curtis Miller:

Nowadays reading books are more than want or need but also become a life style. This reading behavior give you lot of advantages. The advantages you got of course the knowledge the rest of the information inside the book that will improve your knowledge and information. The knowledge you get based on what kind of book you read, if you want drive more knowledge just go with knowledge books but if you want experience happy read one together with theme for entertaining such as comic or novel. Typically the Understanding Yourself and Others, An Introduction to Temperament is kind of publication which is giving the reader capricious experience.

Amy Zambrano:

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