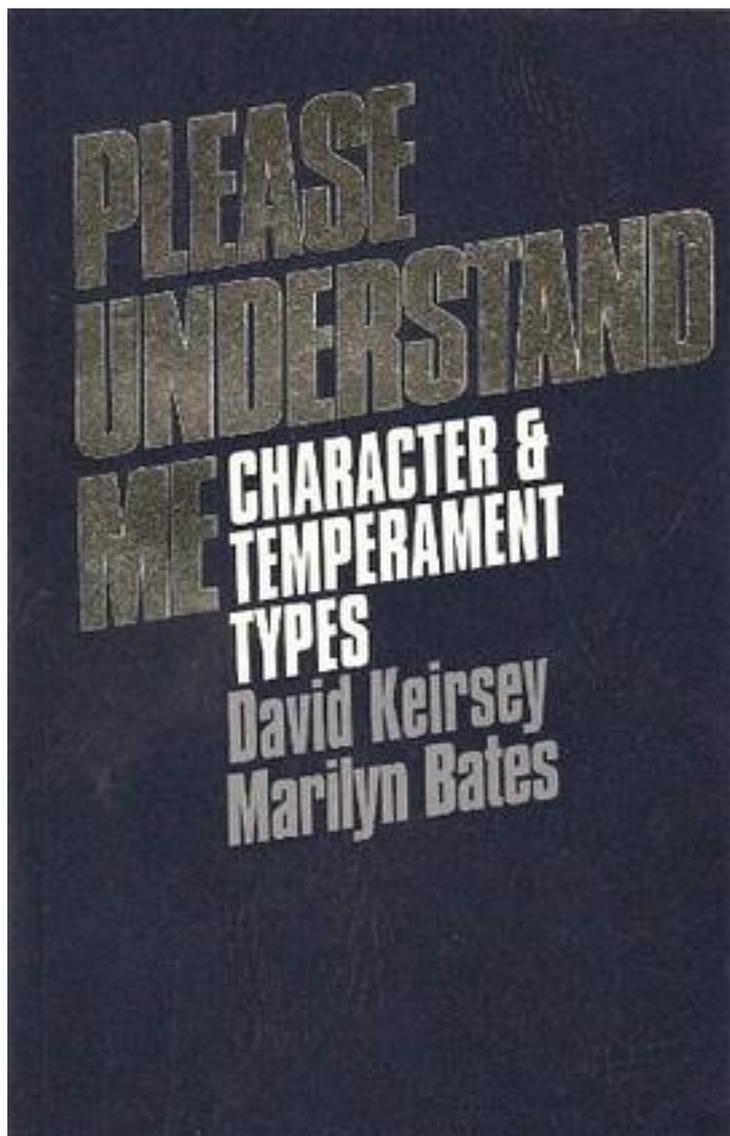


Please Understand Me



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Does your spouse's need to alphabetically organize books on the shelves puzzle you? Do your boss's tsunami-like moods leave you exasperated? Do your child's constant questions make you batty? If you've ever wanted to change your mate, your coworkers, or a family member, then "Put down your chisel," advise David Keirsey and Marilyn Bates in this book of personality types. We are different for a reason, and that reason is probably more good than bad. Keirsey and Bates believe that not only is it impossible to truly change others (which they call embarking on a "Pygmalion project"), it's much more important to understand and affirm differences. Sounds easier than it is, you might say. Well, this book is a guide for putting an end to the Pygmalion projects in your life and starting on the path to acceptance.

For anyone acquainted with the ubiquitous Myers-Briggs personality test, Please Understand Me will be familiar territory--but gone over with a fine-toothed comb. And for the uninitiated, this book will be a quick introduction to personality typing the Myers-Briggs way--with a Jungian accent. After presenting a brief rundown of 20th-century psychology movements, Keirsey and Bates encourage you to take the 70-question "Keirsey Temperament Sorter," a sort of mini-Myers-Briggs test that places you in 1 of 16 personality types. Like the Myers-Briggs system, this test sorts your personality into groups of extraversion/introversion (E/I), sensation/intuition (S/N), thinking/feeling (T/F), and perceiving/judging (P/J). Unlike the Myers-Briggs system, Please Understand Me also presents four easy-to-remember temperament types--Dionysian (freedom first), Epimethean (wants to be useful), Promethean (desires power), and Apollonian (searches for self)--that underlie the 16 possible personalities identified by the test. The book then delves into a detailed analysis of each type, with sections on mates, children, and leaders. An appendix paints portraits of the 16 possible personality types.

Unless you're already a true personality-typing devotee, this book may seem a little esoteric, especially the somewhat "in" references to psychological theory that few laypeople will be likely to understand. But give it a chance and you may find that you'll begin to understand why you always know where to find Anna Karenina on the shelf (you have an ESTJ husband), why your boss is sarcastic one day and praises your achievements the next (she's an NF), and why knowing the reason that the sun comes up in the same place every day is important to your little one (he's Promethean). You may even find that once you accept quirks and ticks in others, they will understand you a little better, too. --Stefanie Durbin

作者介绍:

Professor Keirsey is a long time clinical psychologist of the gestalt-field systems school. After 30 years of treating hundreds of teaching, parenting, marriage, and management problems, Dr. Keirsey now challenges the reader to "Abandon the Pygmalion Project", that endless and fruitless attempt to change the Other into a carbon copy of Oneself.

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标签

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评论

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一方面，现代资本主义制度通过赋予人经济独立，使人不必再在物质上进而在精神上依附他人及群体，从而为个人的性格解放提供了更多可能。但另一方面，资本主义制度因其运作逻辑，它更偏好那些同它气质相符的人，亦即那些性格同资本主义相符的人更易在现代世俗社会的框架内取得认同与成功。加之“资本主义式”性格的人确实占人类总体的大多数，人数优势带来话语优势，这就促使形成了推崇这类性格的普遍的价值与文化，而那些与“资本主义式”性格不太相符的少数者，在这种话语霸权和文化压抑下，就会有更多的挣扎，要获得个人意义或世俗意义上的成功也需要付出更多努力。

INTP — INTJ

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interesting read

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贵☺_~_☺

看看

MBTI

我承认学者们通过几个维度对人分门别类的努力，但似乎只有一时的状态可以捕捉。就像我在对标这本书中的描述时，分类经常出现摇摆，后来我就不再只去认识静态的自己了。

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