

Do What You Are

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Do What You Are

Discover the Perfect Career for You Through the Secrets of Personality Type

Revised & Updated Edition Featuring E-Careers
for the 21st Century

"THIS IS ONE OF THE MOST POPULAR CAREER BOOKS IN THE WORLD. IT'S COOL TO SEE WHY
MANY HAVE FOUND GREAT HELP FROM THE CONCEPT OF PERSONALITY TYPES, AND THE TIEGERS ARE
MASTERS IN EXPLAINING THIS APPROACH TO CAREER CHOICE. HIGHLY RECOMMENDED!"

— RICHARD N. BOLLES, AUTHOR OF WHAT COLOR IS YOUR PARACHUTE?



PAUL D. TIEGER & BARBARA BARRON-TIEGER

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Already a classic in the genre, DoWhat You Are has helped hundreds of thousands of people find truly satisfying work. Do What You Are introduces Personality Type - how you process information, make decisions and interact with the world around you - and shows you which of the 16 types describes you best. It lists dozens of occupations that

are popular with people of your type. Then, using workbook exercises and real-life examples to highlight the strengths and pitfalls of each personality type, it shows you step-by-step how to use your unique strengths to customise your job search, ensuring the best results in the shortest period of time. And if you plan to stay in your job, Do What You Are provides savvy advice for getting the most out of your current career. Every other career guide offers generic, one-size-fits-all advice. But because it is based on personality type, Do What You Are helps you determine what you need to be more successful and satisfied.

作者介绍:

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标签

MBTI

职业规划

心理学

职场

心理

好书

Career

英文原版

评论

MBTI在职场面的应用 结构很清楚 内容很丰富 观点很靠谱
而且可以作为MBTI进阶性的读物

看了一半多，还是不知道自己合适什么工作。

最大的作用是确定了内向这一特质。读完之后，不巧又碰上一篇吐槽MBTI的文章，这本书算是白读了。

非常有用，simple and lucid，对人格论也有了一些基本的认识。

MBTI的详细介绍版

good examples for different types.

这本书最大的作用就是装逼神器。

英文比翻译要清晰很多，测下来依旧是INFJ，且倾向性愈发明显。。。。

在日本第一次转职时重新定位看的日文版

重要的是了解自己，而不是给自己贴标签或者自怨自艾。永远记住，人可以一直成长！

Use MBTI to find job that fit you.

作为工具书，整本书非常简洁易读，提供了很容易理解的MBTI性格分类的介绍，基于MBTI的性格分类做了很实用的职业选择与规划的推荐。

读完确实更加了解自己。正如书中最后所说，这只是一个参考，不能被书中的性格特质绑定自己，还是要遵从内心的选择。

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书评

这本书对我最大的成长就是读完了以后我非常确定自己是INFJ类型的人。
此书对于内向---外向；直觉---感知；理性----感性；perceptive-----judgmental的描述和定义，让我一下子知道了自己的类型。
我也因读了其他15种性格类型，而更了解了其他人是怎么围着这个星球运转的。当...

Do what you are (MBTI 职业规划) devil in the details
数学化的考虑4个维度 (4-dimensional space), 每个维度可以有一个数量between 0 and 1, 比如可以规定0=I, 1=E这样。每个人的性格可以被表达为4d cube空间里面的一个点，然后用0.5作为cutoff, categorized to a discret...

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