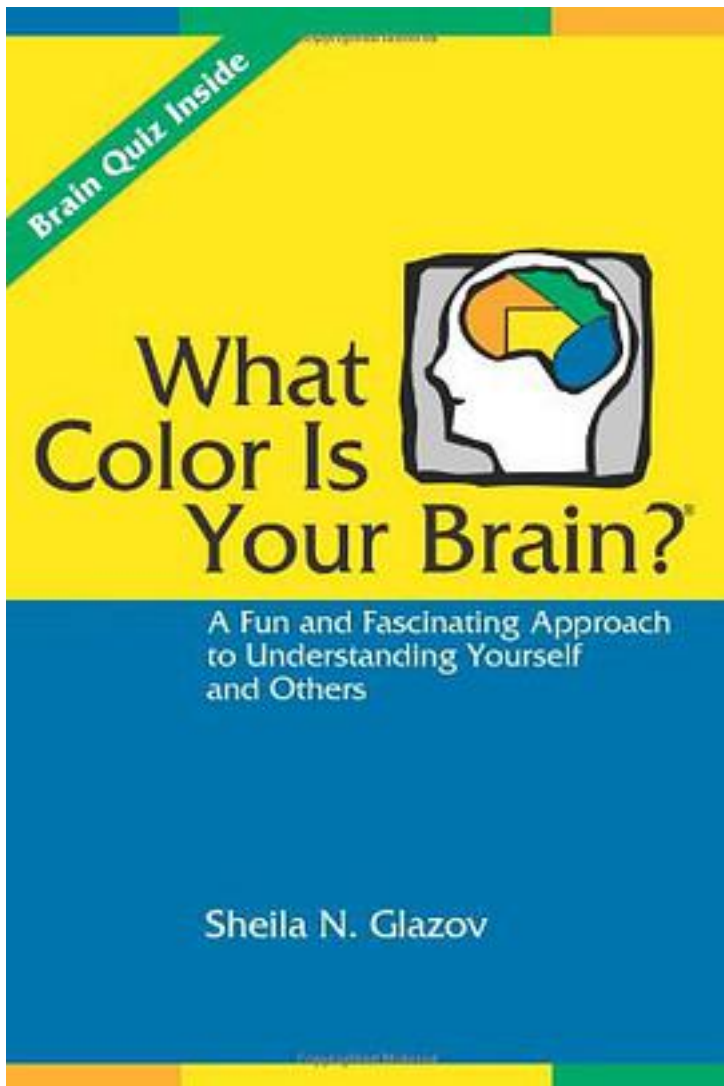


What Color is Your Brain?



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Why do you zig while others zag? What makes you seem unique or peculiar to some people, yet similar or comforting to others? The differences are in our personalities and how they shade our perception and affect the way we work, live, and interact. Discovering and understanding our own strengths and idiosyncrasies while adapting to others can be an overwhelming task. In response to this common frustration, "What Color Is Your Brain? A Fun and Fascinating Approach to Understanding Yourself and Others" explains the similarities and differences that impact our thoughts and actions. Rather than offer an excuse for people's behavior, this book helps to explain why our perspectives differ from or relate to the viewpoints of others. Enjoyable, insightful, and easy-to-read, "What Color Is Your Brain?" is a guide to exploring who we are, why others see us the way they do, and how the four "brain colors" or personality types play a role in our everyday lives. Sheila Glazov has created colorful personality profiles that simplify the complex nature of our traits and talents. With its entertaining anecdotes, innovative perspectives, and resonating concepts, "What Color Is Your Brain?" is a fun and fascinating book that promotes both self-awareness and acceptance of others. Written for readers of all ages, genders, and backgrounds, this book is intended to facilitate effective communication and cooperation while minimizing frustration in numerous aspects of our everyday lives--at work and home, in dating and marital relationships, with team projects, among family members and friends, and within a mixture of other interpersonal connections. "What Color Is Your Brain?" offers the essential pieces of the puzzle that is human interaction, teaching us how to recognize and appreciate a spectrum of personality types. With the help of this dynamic book, discovering your own brain color and learning to adapt to others is bound to be a no-brainer.

作者介绍:

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标签

评论

A Fun and Fascinating Approach to Understanding Yourself and Others!
从另一层面和视角；我个人更倾向于灵性层次的能量频率感应的颜色分辨：喉轮：创造力中心（青）；眉心轮：智慧能量中心（蓝、靛）；顶轮：灵性中心（紫）
#Purple—HighEnergy

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书评

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