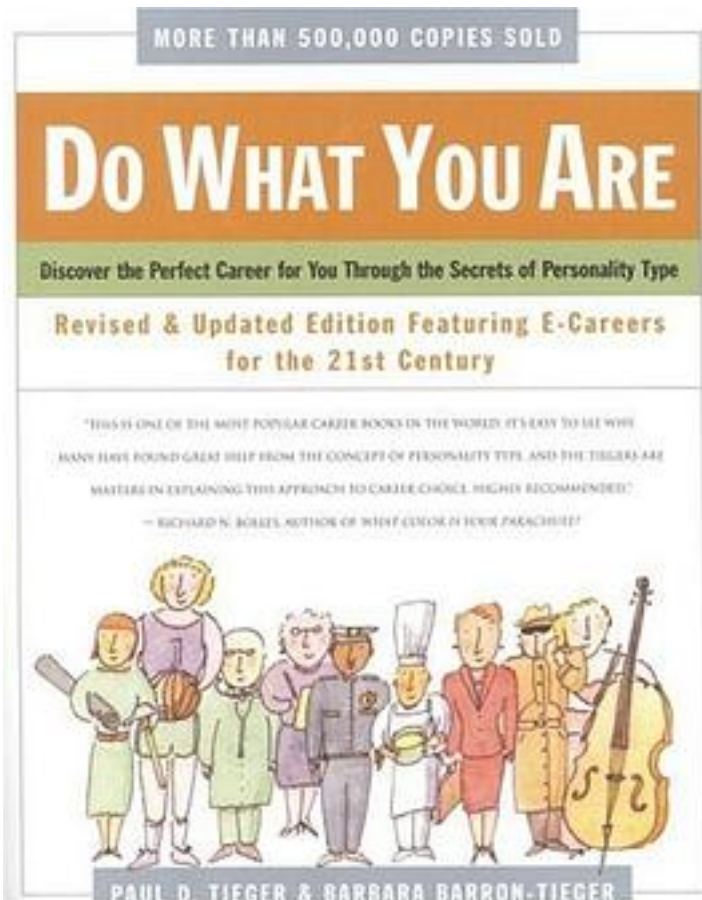


Do What You Are



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著者:Paul D. Tieger

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The bestselling guide to finding career success and satisfaction through Personality Type is now thoroughly revised, expanded, and updated.

DO WHAT YOU ARE--the time-honored classic that has already helped more than a

million people find truly satisfying work--is now updated to include jobs in today's hottest markets, including health services, education, and communications technology.

With the global economy's ups and downs, the advent of astonishing new technology, the migration to online work and study, and the ascendancy of mobile communication, so much has changed in the American workplace since this book's fourth edition was published in 2007. What hasn't changed is the power of Personality Type to help people achieve job satisfaction.

This fifth edition is especially useful for millennials and for baby boomers experiencing midlife career switches. The book leads readers step-by-step through the process of determining and verifying Personality Type. Then it identifies occupations that are popular with each Type, provides helpful case studies, and offers a rundown of each Type's work-related strengths and weaknesses. Focusing on each Type's strengths, DO WHAT YOU ARE uses workbook exercises to help readers customize their job search, ensuring the best results in the shortest period of time.

根据性格选择职业作为全世界最畅销的职业生涯指南，现在已经完全修订、增添内容以及更新啦！

《Do What You Are》作为拥有悠久历史的经典之作已经帮助了超过100万的人找到真正令他们满意的工作，现在我们更新了目前人才市场上最热门的一些职位，包括健康服务、教育以及通信技术。

随着全球经济的动荡起伏，惊人的新技术不断涌现，网络办公和在线学习逐渐渗透进我们的生活，移动通信异军突起，自2007年本书的第4版问世以来，美国人的工作环境发生了巨大的变化。然而，不变的是，人格类型的力量始终帮助着人们实现他们的职业满足。

本书第5版特别适用于千禧一代的年轻人（15-29岁）以及正在面临职业转换危机的婴儿潮时期出生的中年人。本书通过逐步引导读者确定和验证自己的性格类型，而后识别各个类型的人喜欢的职业，并提供有益的案例分析，最后总结各个性格类型工作相关的优势劣势。《Do What You Are》聚焦于每个性格的优势，使用工作手册来帮助读者量身打造他们的求职过程，确保在最短的时间达到最佳的效果。

（简介翻译by 刻印）

作者介绍:

Paul D. Tieger and Barbara Barron are internationally recognized experts on and the authors of five breakthrough books about Personality Type, including the one-million copy bestseller DO WHAT YOU ARE, which changed the way career consulting is practiced all around the world. They have been training professionals in the use of Personality Type for 32 years.

Kelly Tieger graduated from Sarah Lawrence and has been exposed to Personality Type her whole life. She contributed research to the fourth edition of DO WHAT YOU ARE.

保罗.D.蒂戈尔、巴巴拉.巴伦是国际知名的人格类型专家，也是五本关于性格类型的畅

销书作者，其中就包括了这本全球超过100万的作品《Do What You Are》，该书改变了全世界职业咨询的应用方式。作为培训专家他们已成功运用人格类型32年了。

凯丽.蒂戈尔毕业于莎拉劳伦斯学院并终身致力于人格类型的研究工作。她为本书的第4版的调研作出了贡献。

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标签

就业

性格

心理学

人格

MBTI

职场

社会

求职

评论

这里需要改一下。对我来说，交往对象（不分性质）最不重要的是PJ的区别。最重要的是SN的区别。做朋友，最看重N，NT还是NF，无所谓，都可以碰撞。但是T不能拿来过日子:D
S的话，唉。通常都觉得我不懂生活，我对S…是天马行空单向传输。最酸爽的是STJ。

只要是STJ，I或E已经不重要了。==

确实也有不少S的朋友，基本都是SF。做伴侣自然是火花为上。火花之外，理想型INF，PJ关系不大。找老板最理想也是NF。我不确定这套理论是帮助了我，还是局限了我：p

读这本的时候同时在读另一本大畅销书Grit。感慨：商业运用发展出真诚和实在，学术迎合市场留下虚伪和空洞，一览无余。
具体读后有空想写，先记录个大概：十六型人格的源起和争论，对个人认识有一定价值，对个人发展和职业指导的具体运用不够给力

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书评

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