The Psychologist's Book of Personality Tests
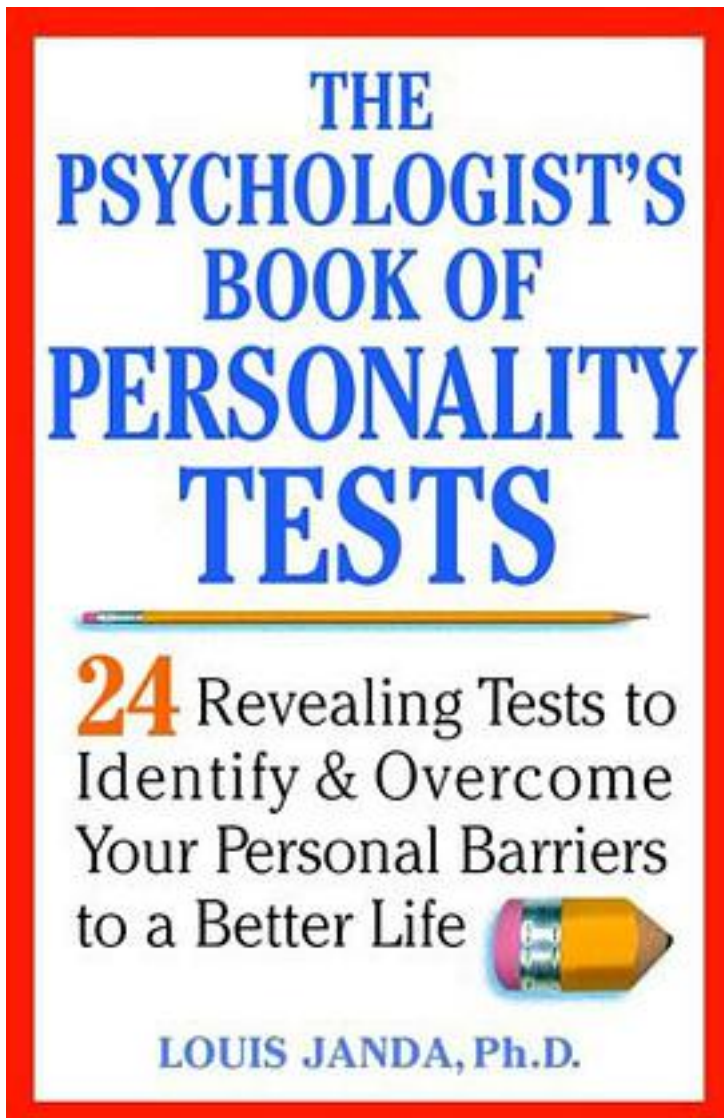
The Psychologist's Book of Personality Tests_下载链接1_

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FIND OUT HOW TO GET WHAT YOU WANT OUT OF LIFE . . . Do you long for happiness? Do you worry too much? Are you content in your romantic relationships? Do you wish you felt better about yourself? Now you can discover exactly what's stopping you from living the life you long to lead–and what you can do about it. Based on the latest research, this inspiring guide by renowned author and psychologist Dr. Louis Janda presents twenty-four psychological tests that will help you identify the barriers standing between you and a more fulfilling personal and professional life–and figure out how you can overcome them. Developed by behavioral researchers for professional use, these tests are divided into three sections–personal barriers, interpersonal barriers, and one's capacity for change–and cover every aspect of personality, from self-esteem, impulsiveness, and self-efficacy, to intimacy, anger, and romantic relationships. Best of all, at the end of each test, Dr. Janda provides expert advice that will help you use your results to make changes for yourself or help you decide whether you should seek professional help. Refreshingly candid and insightful, The Psychologist's Book of Personality Tests will not only help you achieve greater personal and professional success–it will show you how to get what you want out of life.

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