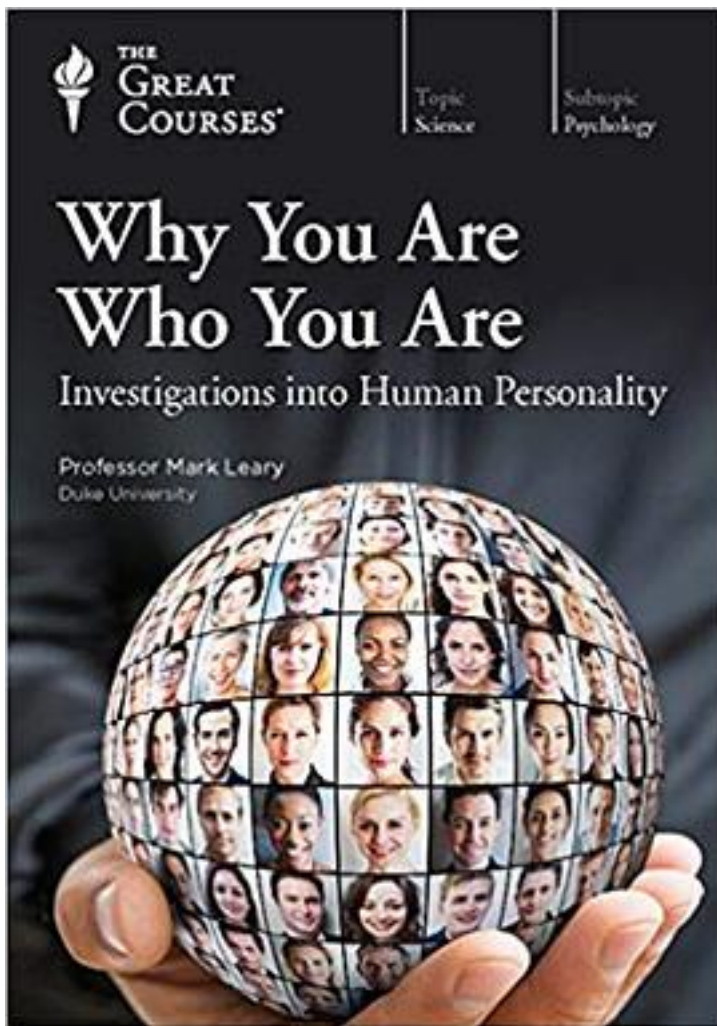


Why You Are Who You Are



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To understand the roots of personality is to understand motivations and influences that shape behavior, which in turn reflect how you deal with the opportunities and challenges of everyday life. That's the focus of these exciting 24 lectures, in which you examine the differences in people's personalities, where these differences come from, and how they shape our lives. Drawing on information gleaned from psychology, neuroscience, and genetics, Professor Leary opens the door to understanding how personality works and why. Throughout his illuminating lectures, five important personality traits come into focus, traits that form the foundation of how psychologists approach the topic of personality: extraversion, neuroticism, agreeableness, conscientiousness, and openness. Combining psychology with neuroscience and behavioral genetics, this exploration will open your eyes to the myriad ways our traits, motives, emotions, beliefs, and values are shaped by things like our genes, environment, experiences, and evolutionary history. Why is it so hard to change our behavior? Why do people develop different values and morals? Does personality change as we age? Is personality passed down through genes? Designed as a fascinating, accessible scientific inquiry, these lectures will have you thinking about personality in a way that enriches your understanding of the complex psychological processes that make you who you are.

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