

[PDF] Personality: What Makes You The Way You Are

Daniel Nettle - pdf download free book

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Author: Daniel Nettle

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Description:

Review

"The author unearths a few everyday characteristics shared by people who say they are happy, including good health, a feeling of autonomy, and social correctiveness. To that list, one might add browsing through this thought-provoking book."--O: The Oprah Magazine, on Happiness

"Excellent survey of the subject-a lucid, intelligent, and thoughtful essay."--Lancet

"An authoritative, challenging, even profound analysis of the most up-to-date research into its subject."--Winston Fletcher, THES

"The five factors or dimensions of personality are extraversion, neuroticism, conscientiousness, agreeableness, and openness. Proceeding in the manner of pop-psych text, Nettle cites clinical cases to illustrate each trait.... Psychology for the general reader is very seldom this substantial and jargon-free."--Sci-Tech Spotlight

"A fun, cute, engaging book about the state of the art in personality research...offers clear, succinct, engaging descriptions of these [five-factors], calling on current research as much as on examples of individuals...The soundness of its underlying research and its extensive endnotes and references gives this little book empirical weight."--Choice

--This text refers to an out of print or unavailable edition of this title.

About the Author

Daniel Nettle teaches psychology at Newcastle University. His previous books include Happiness: The Science Behind your Smile.

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