



# The New Personality Self-Portrait: Why You Think, Work, Love and Act the Way You Do

By John M. Oldham, Lois B. Morris

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*The New Personality Self -portrait* is the only guide to personality types based on the American Psychiatric Association's just-published official diagnostic system -- the DSM -IV -- and written by one of today's leading personality researchers. A long-time backlist bestseller in its previous edition, it has now been completely updated to include all the fascinating new information about how we become who we are-and how we can change. The self-test in *The New Personality Self -portrait* is already used extensively in mental health and business settings. It reveals a profile so personal, so accurate, that it's as individual as a fingerprint. Readers discover their unique mix of 14 distinct personality styles -- and learn how those traits impact their relationships, work and home life. Fascinating case histories show each style in action, with tips on how to live and work with every type, and exercises for turning vulnerabilities into strengths -- plus warnings about when individual differences develop into personality disorders.

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### **Editorial Review**

From Library Journal

Beginning with a questionnaire based on the American Psychiatric Association's DSM-III-R, published in 1987, the authors have the reader chart his or her profile according to 13 individual personality styles. Each following chapter describes a dominant character pattern, what jobs that person may be most suited for, appropriate personality-type mates, parenting styles, and ways of capitalizing on strengths and minimizing weaknesses. Advice is given the reader on how to deal with different styles, and a page or two describes the mental illness associated with the extremes of each dominant trait. Case histories and anecdotes make the personalities come alive to create an enjoyable and informative analysis of personality types.

- *Marguerite Mroz, Baltimore Cty.*

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Review

"You cannot read this book without attaining a deeper and clearer understanding of yourself and the people you care about." -- Herbert Pardes, M.D., Dean of the Faculty of Medicine, Columbia University College of Physicians and Surgeons.

"Brilliantly transforms a wealth of scientific information into an exciting and easy-to-follow format." -- Stuart C. Yudofsky, M.D., Professor and Chairman, Department of Psychiatry and Behavioral Sciences, Baylor College of Medicine.

From the Publisher

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