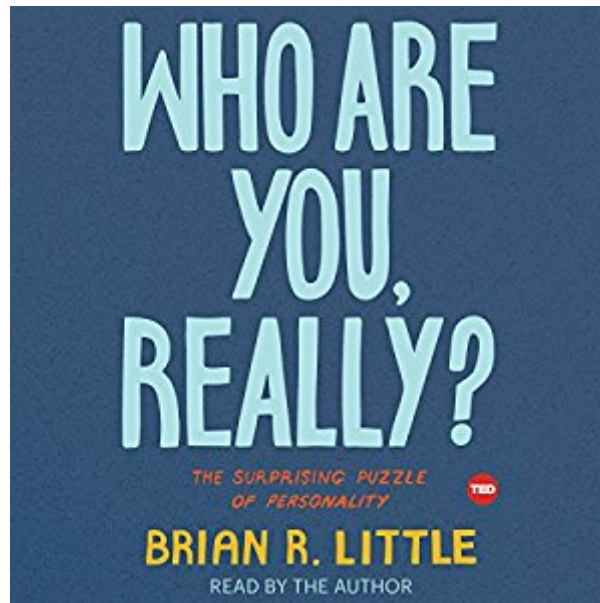The book was found

Who Are You, Really?: The Surprising Puzzle Of Personality

Synopsis

This fun, smart listen for anyone eager to better understand (and improve) themselves argues that personality is driven not by nature nor nurture - but instead by the projects we pursue, which ultimately shape the people we become. Traditionally, scientists have emphasized what they call the first and second natures of personality - genes and culture, respectively. But today the field of personality science has moved well beyond the nature versus nurture debate. In Who Are You, Really?, Dr. Brian Little presents a distinctive view of how personality shapes our lives - and why this matters. Little makes the case for a third nature to the human condition - the pursuit of personal projects, idealistic dreams, and creative ventures that shape both people's lives and their personalities. Little uncovers what personality science has been discovering about the role of personal projects, revealing how this new concept can help people better understand themselves and shape their lives. In this important work, Little argues that it is essential to devote energy and resources to creative endeavors in a highly focused fashion, even if it takes away from other components of our well-being. This does not mean that we cannot shift from one core project to another in the days of our lives. In fact it is precisely that ability to flexibly craft projects that is the greatest source of sustainability. Like learning to walk, forcing ourselves out of balance as we step is the only way in which we can move forward. And it is the only way that human flourishing can be enhanced. The well-lived life is based on the sustainable pursuit of core projects in our lives. Ultimately, Who Are You, Really? provides a deeply personal itinerary for exploring our personalities, our lives, and the human condition.

Book Information

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Customer Reviews

In WHO ARE YOU, REALLY? Professor Brian Little presents some surprising research findings on personality. This is a fun book, and an easy read. The author writes well, and his ideas are presented clearly and concisely.Most people think of personality as oneÃ¢Â Â™s attributes--such as how extroverted we are, or how detailed we are. But an overlooked aspect of personality is not just our attributesÃ¢Â Â”itÃ¢Â Â™s what we are DOING. This activity is identified by our Ã¢Â Âœpersonal projects.Ã¢Â Â•The exciting part is that we can modify our projects to better mesh with our personal attributes. So, an introvert would feel a sense of accomplishmentÃ¢Â Â”and likely succeed, on a poetry project. (And not so much a run for political office.) By shifting to a Ã¢Â ÂœdoingÃ¢Â Â• perspective on personality, we give ourselves lots of options to improve our sense of well-being and accomplishment. We can consciously choose and adapt our projects.We can use a general principle to select our projects: Ã¢Â ÂœProjects that are Ã¢Â Âœmeaningful, manageable, and connected with others, and that generate more positive than negative feelings, their well-being will be enhanced.Ã¢Â Â•For example, projects that are internally motivated, rather than being done under pressure from someone else, will give us greater happiness. Ask yourself WHY you are doing a Ã¢Â Âœself-helpÃ¢Â Â• project: Ã¢Â ÂœWho instigated it? If they spring from your own vision of a possible self, you are likely to feel better while pursuing them.Ã¢Â Â•Projects that are manageable, rather than chaotic also leads to greater sense of well-being. The author calls this project Ã¢Â Âœefficacy.Ã¢Â Â• He explains that efficacy is one of the top predictors of well-being: Ã¢Â ÂœEfficacy best predicts whether a person feels that their life overall is going well.Ã¢Â Â•Although we should try to arrange projects to match our personality attributes, Dr. Little also recommends leaving a little room for chance: Ã¢Â ÂœHone your skills as the athlete you always dreamed of becoming, but be ready to change course if you begin to demonstrate a strong passion for science.Ã¢Â Â•Similarly, if you dream of writing poetry, leave the door open to writing about music.All in all, I found WHO ARE YOU, REALLY? to be a fun, intriguing read, with some meaty ideas. I especially like the idea of being proactive in choosing projects that give me greater satisfaction. DonÃ¢Â Â™t miss the Appendix, which has an interesting personality evaluation.Advance Review Copy courtesy of the publisher.

Who Are You Really is a TED Talk, not a research book or study. It reads like a talk, not a book. It is peppered with mild laugh lines to keep the audience with the speaker. You can see them coming,

and you can hear Little cash in. Basically, you are reading a script.The script is a self-help through self-identification course. Little segregates people into buckets and deals with them that way. Do it yourself, and gain some perspective, perhaps. Or change your approach, your projects and your sensitivities to be more effective.There are five buckets: Openness, Conscientiousness, Extraversion, Agreeableness and Neuroticism (OCEAN). On a scale of 1-5, you rate yourself, and formulas assign you a personality. If you are not self-aware or at least honest with yourself, this is the book for you.The scoring however, doesnÃ¢Â Â™t make sense. For example, the average score for Conscientiousness is 11. But the formula is question 13 (maximum value 5) less questions 3 and 8 (maximum value 10). For Agreeableness, you add scores from questions 2 and 12 (max 10) and subtract from the score from question 7 (max 5). The average score is somehow 12. This quickly puts everyone in the bucket Subhuman.Possibly the most valuable chapter tackles authenticity, buzzword without equal in western society. Little says we can have multiple authenticities, conflicting authenticities, and private authenticities. They are all valid Ã¢Â Â" and authentic. Plus, we need to understand their strategic value, and not just wear them on our sleeves. Bravo.David Wineberg

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