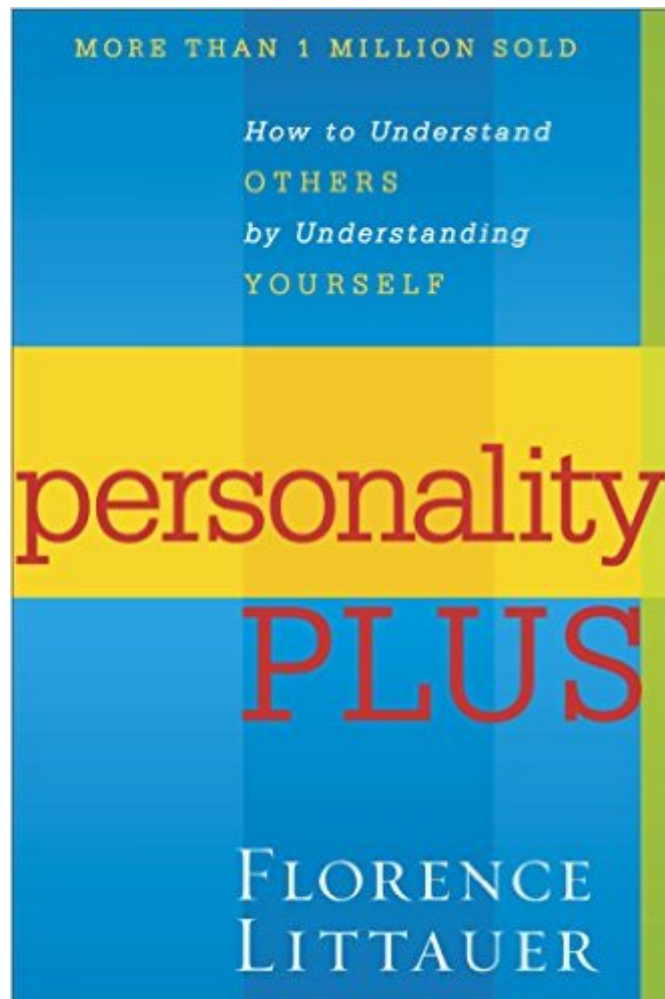


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# Personality Plus: How To Understand Others By Understanding Yourself



## Synopsis

A revealing "personality profile" self-test and Littauer's insightful advice help readers better understand themselves and others. A best-seller.

## Book Information

Paperback: 208 pages

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Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (244 customer reviews)

Best Sellers Rank: #9,709 in Books (See Top 100 in Books) #62 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Personality](#) #86 in [Books > Textbooks > Social Sciences > Psychology](#) #131 in [Books > Self-Help > Relationships > Interpersonal Relations](#)

## Customer Reviews

After getting a little insight into the theory of the different personalities (Choleric, Sanguine, Melancholy and Phlegmatic) I picked up this book on the recommendation of a friend who had read it and also heard Mrs. Littauer on audiotape. After taking the quiz inside the book, I found that I am nearly all Powerful Choleric, with some Popular Sanguine and Perfect Melancholy thrown in for good measure. I was somewhat aghast to find that there is no Peaceful Phlegmatic in my personality (a fact that doesn't surprise anyone who truly knows me!). Florence's book is entertaining, an easy read, and very valuable in its insight. You won't find 'pigeon holes' in this book, for we are all a combination of multiple types of personalities (as I explained about myself above) but you'll definitely gain a better understanding of your strengths and even some of your areas of challenge after reading this book. I liked the flow of the book and the detailed descriptions of each personality type. As I read through the book, I could see parts of people I worked with and have known throughout the years, and it's definitely helped my personal interactions with them. Beware, you'll find yourself identifying parts of people's personalities on a constant basis once you read this book, but it's really fun once you get the hang of it. If you are a people person (or even if you are not) this book will become a much-used resource in your library. When working with my image consulting clients, I often recommend they pick up a copy of this book and read it from cover

to cover as part of developing their self-image and indeed, discovering more about their true selves.

Most books and pop-psychology about personality types are nonsense. There are a million different ways to assess people's personalities. "Personality Plus", however, sticks out from this sorry group like a sore thumb (I mean that in a good way). The author, Florence Littauer re-packages the ancient Greeks' thinking about personality into a Christian perspective on personalities, personal improvement, and social relationships. The Greeks thought there were essentially only four types of personalities: sanguine (talkative, life-of-the-party), melancholy (introverted, artsy, deep, perfectionist), choleric (workaholic, ambitious, leader), and phlegmatic (go-with-the-flow, nonchalant). Frankly, I've found the wisdom of the ancient Greeks to be far superior to modern methods that seek to categorize every little aspect of your life. Mrs. Littauer, weaving in personal experiences, anecdotes, and her knowledge of the four personalities, has written a wonderful little book on "how to understand others by understanding yourself". You'll be an expert in no time. She discusses the personalities themselves, their strengths and weaknesses, methods of improving on your strengths and overcoming your weaknesses, relationships among people of various personalities, blended personalities, and more. (Of course, she includes a self-test that you can take to determine your personality.) It is no exaggeration to say that learning about these social dynamics and personal realities can improve your friendships and even save your marriage! This is because you will learn to recognize, accept, and deal with other personalities in a systematic way that you otherwise wouldn't have been taught. I docked the book one star because Mrs.

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