



Personality: What Makes You the Way You Are

Daniel Nettle

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It is one of the great mysteries of human nature. Why are some people worriers, and others wanderers? Why are some people so easy-going and laid-back, while others are always looking for a fight?

Written by Daniel Nettle--author of the popular book *Happiness*--this brief volume takes the reader on an exhilarating tour of what modern science can tell us about human personality. Revealing that our personalities stem from our biological makeup, Nettle looks at the latest findings from genetics and brain science, and considers the evolutionary origins and consequences of different personalities. The heart of the book sheds light on the "big five": Extraversion, Neuroticism, Conscientious, Agreeableness, and Openness. Using a stimulating blend of true-life stories and scientific research, Nettle explains why we have something deep and consistent within us that determines the choices we make and situations we bring about. He addresses such questions as why members of the same family differ so markedly in their natures? What is the best personality to have--a bold one or a shy one, an aggressive one or a meek one? And are you stuck with your personality, or can you change it? Life, Nettle concludes, is partly the business of finding a niche where your personality works for you. "It is a question of choosing the right pond," he notes, "and being mindful of the dangers." There is no ideal personality to have. Every disposition brings both advantages and disadvantages.

Full of human wisdom as well as scientific insight, this book illuminates the pluses and minuses of personality, offering practical advice about living with the nature you were born with. It even includes a questionnaire so that you can assess yourself.

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John Harris:

Spent a free time and energy to be fun activity to try and do! A lot of people spent their leisure time with their family, or their very own friends. Usually they performing activity like watching television, about to beach, or picnic from the park. They actually doing same every week. Do you feel it? Would you like to something different to fill your current free time/ holiday? Might be reading a book could be option to fill your cost-free time/ holiday. The first thing you ask may be what kinds of e-book that you should read. If you want to test look for book, may be the book untitled Personality: What Makes You the Way You Are can be fine book to read. May be it is usually best activity to you.

Donna Willeford:

What is your hobby? Have you heard that question when you got scholars? We believe that that query was given by teacher to their students. Many kinds of hobby, All people has different hobby. And you also know that little person such as reading or as studying become their hobby. You need to know that reading is very important and book as to be the matter. Book is important thing to include you knowledge, except your own personal teacher or lecturer. You get good news or update with regards to something by book. Numerous books that can you take to be your object. One of them is actually Personality: What Makes You the Way You Are.

Zandra Woods:

A number of people said that they feel bored when they reading a publication. They are directly felt it when they get a half portions of the book. You can choose the actual book Personality: What Makes You the Way You Are to make your own reading is interesting. Your own personal skill of reading ability is developing when you including reading. Try to choose straightforward book to make you enjoy you just read it and mingle the sensation about book and looking at especially. It is to be initial opinion for you to like to available a book and learn it. Beside that the guide Personality: What Makes You the Way You Are can to be your new friend when you're truly feel alone and confuse using what must you're doing of the time.

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