



# Neuroscience of Personality: Brain Savvy Insights for All Types of People

*Dario Nardi*

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## **Neuroscience of Personality: Brain Savvy Insights for All Types of People** Dario Nardi

Inside your brain are many keys to what make you and others tick. Imagine peering into the minds of your clients, friends, and loved-ones. Now you can! Award-winning UCLA professor and author Dario Nardi brings to life a feast of useful insights drawn from his brain research lab. He will lead you on a journey of self-discovery, chapter by chapter, that is grounded in first-hand scientific knowledge of the brain. This is a practical guide. Learn how to target "in flow" and "low-threshold" activities that engage people creatively and improve their work-flow and learning. Identify people's struggles and stress areas, including "high-threshold" activities for which a person may avoid or do poorly. You will also enjoy a bird's eye view that summarizes many key aspects of the brain all in one place, in everyday language with case studies, work spaces, and visual maps. New to personality type? This book introduces the basics of the 16 Myers-Briggs types, four temperaments, and eight Jungian cognitive processes. Worksheets guide readers to locate their best-fit personality type code. Fans of Carl Jung's work and the Myers-Briggs personality types will be pleased to learn there is strong neurological validity in the brain for eight distinct cognitive processes and sixteen types. Amaze people with cool insights and implications for how people operate! You may even learn which part of your head to point to and say, "This is where I'm thinking right now."



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