

"Takes readers beyond the myths and stereotypes about talent and genius . . . Everyone interested in maximizing intelligence, creativity, or productivity will want to read this book."

—MURIEL NEMSER, Ph.D.

Contributing editor, *Gifted Child Quarterly*

The

Gifted Adult



A
Revolutionary Guide for
Liberating Everyday Genius™

Mary-Elaine Jacobsen, Psy.D.

(formerly titled: *Liberating Everyday Genius*)

Mary-Elaine Jacobsen

The Gifted Adult: A Revolutionary Guide for Liberating Everyday Genius(tm)



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Are you relentlessly curious and creative, always ready to rock the boat to get factors done . . incredibly energetic and focused, however constantly switching gears . . Demystifying what this means to become a gifted adult, this book offers practical guidance for getting rid of self-sabotage and underachievement, assisting Everyday Geniuses and the ones who know, like, and use them to comprehend and support the extraordinary gifts inherent in these unique personality characteristics. Gifted Adults presents the 1st practical tool for ranking your Evolutionary Intelligence Quotient through an in-depth personality-type profile. . If these traits sound familiar, you might be a day to day Genius--an common person of unusual eyesight who breaks the mold and isn't afraid to push progress forwards. . . intensely sensitive, in a position to intuit subtly charged circumstances and decipher others' sense?As thought-provoking simply because Daniel Coleman's Emotional Intelligence, psychologist Mary-Elaine Jacobsen's Gifted Adults draws on an array of groundbreaking analysis and her very own clinical experience to show America's twenty million gifted adults how to identify and free of charge their extraordinary potential. . .



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FINALLY! (Currently reading) We had all of the common indicators of an unidentified GT kid... I despised school rather than did well, and actually forced a couple instructor to resign with my sharpened wit and ability to control a classroom. I eventually got heavy into drugs and dropped out of college my senior yr. Fast forward ten years, went to university and was on the deans list every semester. I did so find the test interesting, although I am not sure I buy into the result that I, as well, am an everyday genius. I felt for the first time validated because I usually knew in my heart I wasn't stupid. In case you are a deeply intelligent person yet you're struggling to function in a world where the rules of conduct seem both stupidly simple yet infuriatingly difficult at the same time; Unfortunately, I wasn't, which means this book is certainly an extremely insightful guide for those of us who didn't have an easy period or who didn't attend the right schools. She became the GT liaison on her behalf district a few years ago. MANY THANKS, Mary-Elaine Jacobsen. Of course I couldn't fathom the thought of ME being "Gifted". I've the book two superstars only because I love the idea behind the publication and where it might have gone. I threw it in the fire so there will be one less duplicate in the world. This book changed my entire life. A Relief and Education in one. The idea that an incredible number of children are forced to continue doing this same pattern with a perhaps worse outcome breaks my center. I'm just a few years into unearthing myself from the depths of my childhood and formal education with the expectations with an impact on the future GT children who don't yet possess a voice. For those who have even a hint of an idea you may be a gifted adult or wedded to someone who is usually, READ THIS BOOK! . Really. Finally sounding people who are like me has been healing. I simply couldn't drag myself to read another page. I advise reading it without being distracted, but taking the time to learn it while your mind can focus. It had been a revelation to learn, with one page after another after another describing Me personally, but me in a way I'd under no circumstances considered before. I've right now go through and re-read this book, and it offers essentially end up being the Bible of Me - the book that most effectively describes me, my issues, my challenges, my gifts, my unique lifestyle, my ... Parts I and II are actually well-written; The Gifted Adult produced me problem the belief that I was a "freak" and instead start to value that I am actually something so much more. Slowly as time passes she began speaking with me in what she have been learning and how she believed it applied to my life. The originality of the publication is related to the way giftedness is defined, that is people whom the main characteristics are high strength, drive and complexity. Great in parts! well, everything about me. they describe the features of giftedness, and how they impact the individual. The only suggestion I'd have for the author is to perhaps redraft the name to eliminate the prominence of the term 'gifted'. Also, It's created from the assumption the gifted adult involved doesn't understand they're gifted, so it's not going to be as helpful if you were aware of getting gifted as a child. It didn't help me understand myself (or others) better. This latter is most likely more my failure than that of the writer but it is a good description of my encounter.. I could not become more serious. It has been very insightful to read and everyone should examine this book to see how their positive and negative qualities impact all aspects of their life. maybe it would be much easier in a face-to-face environment with an interactive give-and-take, but I couldn't adhere to her arguments in a written format. It didn't give me any tips about how to better function in this world. Perhaps some of that may attended later in the book, but I couldn't obtain that far. This content seemed repetitive making me wonder if she actually wrote it for gifted people who get things the first time around. I really, really wished to such as this book. I very much looked ahead to reading it, but it just wasn't relevant to me. The more I researched the even more

enthralled I became. Penetrating, insightful and relatable - the writer weaves specifics and personal encounters to greatly help the reader fully understand why they are who they are and how they can reach their complete potential in life. I got about 50 % method through it having found no enlightening or terribly new information. miss the rest Interesting first chapter. Actually, the book produced me smile in acknowledgement a couple of times at the how much it explained my personality. Instead of identifying giftedness based on IQ scores (or similar metrics), the book provides an interesting and original survey that allows to scale oneself intelligence based on those 3 features (strength, drive and complexity). I think I actually owe the second half of my entire life to you which book. The way the writer defines genius as intensity, complexity and drive helped me to comprehend not what's wrong with me but what's correct with me and how to best manage these gifts. Until I go through this reserve these gifts often felt such as a liability more so than other things. On the downside, it's not a page-turning criminal offense novel. This book found its way to my life at JUST the right instant, and changed my entire outlook. for me, the writer sunk deep into psycho-babble verging on mysticism, and I simply could not adhere to her arguments; She's the type of instructor you pray your child gets. I have definitely found myself floundering as a grown-up when have discovered my skills to be a great hindrance at times. I married a wonderful girl who teaches elementary. you should definitely check out the ideas in this book. The rest of the book is usually painfully repetitive, simplistic, and fairly obvious. I trust a previous review that said it appeared like the writer took a bunch of her course notes and threw them collectively. All of the accolades society deemed valuable I achieved. It takes one to know one! Excellent! Repetitive Reads just like a mess of notes, journal entries, and a few parts of a PhD thesis smashed together to meet up a phrase quota. I couldn't treatment less about getting "gifted" but having finally recognized myself as not really crazy did tremendous best for me. Beautifully written, good info Beautifully written, very good info, 4 of my own kids are specially gifted. Thanks Mary-Elaine for your hard work for readers' benefit! Astoundingly Insightful I wish We had read this book earlier in my life.. This book is a good touchstone for those who are often categorized as 'high potential' individuals or overachievers. It is a life lead and handbook for the inner struggles they endure but hardly ever ever show to family, friends and colleagues. Wonderfully Insightful Gifted mature magnificently illustrates how people of high intelligence sabotage their associations, work life and professionalism. Part III contained some interesting commentary about the possible downsides of giftedness. As she acknowledges herself, those that would find the book most useful will probably recoil at the very thought of being called such. Interesting first chapter. Lacking substance and depth I admit, I didn't finish reading the publication.. Additionally, I really loved the premise and I possibly could follow the hypothesis sufficiently. Not worth your time While I did learn a few things and finished the book, I thought it had been unorganized, repetitive rather than very well written. Must have been a three page article, not a book. This reserve has had me in tears sometimes just due to its relevance in my life... It changed my entire life. I eventually took possession of the name and created a fairly rough reputation. But when I got eventually to Parts IV and V, I simply got lost; You wouldn't think "Gifted" is a burden / books such as this help "Us" understand, and for me they help my anxiety issues. I grew up in lower socioeconomic region and quickly labeled "rebellious". It could have provided so much clarity to the clouds that engulfed some of the endeavours in my own personal life and function.



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