



"This is one of the most useful popular psychology books
I have ever seen . . . It should become a classic."
— Stephen M. Johnson, author of *Character Styles*

The 5 Personality Patterns

Your Guide to
Understanding Yourself and Others
and Developing Emotional Maturity

STEVEN KESSLER

Steven Kessler

The 5 Personality Patterns: Your Guide to Understanding Yourself and Others and Developing Emotional Maturity



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How well have you any idea yourself, really? Have you any idea - why you react emotionally how you do? - why you think and behave how you do? - Understanding people in this manner is similar to having x-ray eyesight! This book can transform your life. The truth is, the majority of your suffering is not necessary. Deciding where your interest goes and everything you think and feel? Get yours and find out how you got trapped and how you may get free. Perhaps you have begun to figure out that something deeper than your mindful recognition is shaping your life? It's developed by old basic safety strategies that helped you endure your childhood, but got stuck in your body and protected up your accurate self. The method that you make decisions? Even who you love? Here is a map to that inner terrain -- a simple, clear, true-to-existence map that provides you the key to understanding everyone, including yourself. Readers tell you: - This book has changed my life. If you want the Enneagram, the MBTI, or any other inner map, you'll like this book. - This publication is incredible. - This excellent book is a video game changer in my own life. - what's really running your daily life? This book will open your eyes to your own inner world like nothing else has. It's already transformed the lives of several others. Today they're an invisible prison, shaping your world, your relationships, and even who you think you are.



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A life changing book! This book has changed my entire life. I've read many personality and self-help books, this one has provided me the perspective for accurate change. Not only does Steven Kessler help me experience understood and help me understand myself, but he provides given me tools that are healing me. Today, after reading it, I use it as a reference reserve daily... the even more I re-examine, the even more I learn. A whole new way of seeing! I like the way he highlights that as we heal from our wounds, we'll be able to use the 'gifts' we have developed through our 'wounding'. This publication is written obviously and with empathy. Thank you! This book is incredible. Excellent! I believe the name is misleading provided the popularity of the Big 5. Extremely, very useful. This is a simplified method of understanding yourself among others on the psychological level. He provides suggestions on how to re-locate of the stuckness of these patterns. I have already been 'working on myself' for many years and also have become very free of charge. There is absolutely no science here, no well researched framework similar to the Big 5. Finally, with Steven's book, we've clear access to anywhere near this much needed understanding, written in a way that is incredibly understandable but also comprehensive. I highly recommend this book. Nevertheless, I came across I still had these moments when an emotional reaction would inexplicably dominate. It was as if I could watch myself obtain hijacked, clearly viewing it happen but struggling to end it. This book spoke right to me and provides been instrumental in moving beyond my psychological pattern. It also explains so much about how other people, especially those close to me, operate-- and it has given me a whole new perspective on our interactions. I would think about this a must-read for just about any human. This publication may be the real deal. Then her spirit can use your body as a reference stage, a center to return to if it gets dropped or shattered. Extremely useful Extremely complete information about personality patterns and how they're formed, extremely useful to understand others. I have worked doing deep healing work with clients for the last 9 years and I integrate the enneagram, energy work and other somatic methods.. A great tool to provide you with X-ray vision to develop patience and compassion for everyone who you discover difficult to communicate with. Great reserve discussing personality patterns and how we interact with one another. I really like it! Goes above and beyond MBTI and Enneagram. Steven did a brilliant and deep function developing and compiling this information in a way that is approachable and in addition huge. It promotes understanding and compassion for oneself and also others and a clear roadmap for personal modify. This function is a game changer. Great book discussing personality patterns and how exactly we connect to . It shows the road to growth and struggles.. Amazing work Wow. Very helpful in my personal evolution as well as seeing where others are via and having the ability to offer with them more effectively. Very helpful! One of the best psychology books I've read! There's vast knowledge and far insight to glean. His composing displays he has obviously put in his time sitting and supporting and studying actual humans. Actual quote from the book: Right here, the wounding happened very early, most likely during pregnancy, once the baby's incoming spirit did not experience the safety that it needed to full its transition into the physical world. The patterns explained in the book give a comprehensive model of character structure, how exactly we get stuck in them and how we can find our way out. Just what I needed. I highly recommend the book. No, just no. A Profound Book I actually am a practicing clinical psychologist and coach and this reserve by Steven Kessler brings the theory, knowledge and practice of primary energetics alive for both lay reader and seasoned professional alike. During this time, the developmental job is embodiment, the procedure where the spirit re-orient itself from the spirit world to the physical world and bonds with the physical world and the physical body. Ideally, the physical body and the physical globe feel safe enough for the baby's spirit to settle into the body and claim it. An extremely dangerous book if not used correctly! As time goes on, her physical body then develops an energetic boundary that continues out foreign energies and increases her felt sense of security. He addresses the physical, psychological, mental, energetic and spiritual body. I'm an Enneagram fan and this book introduces a whole 1 new method of seeing people. Highly recommend. The author includes a gift for boiling personality right down to its essential elements. NOT a five factor model or

scientific book I bought this to study the "Big 5" or Five Factor Model as used in academia. I've research the Enneagram and am amply trained in the more mystical frameworks. even in that realm, this publication is a stretch. The Real Deal Truly excellent book. Excellent. Three Stars Not what I was looking for though Good Help It's hard to find books on these kinds of subject with any meats in them. That is a good reference and vendor was great. This is a great book for individuals who are seeking personal growth This is an excellent book for individuals who would like personal growth. Practical and compassionate This book changes how you look at conflict and other folks in your life. Just how Steven Kessler writes is quite clear to see and comprehend. I quite definitely appreciate incorporating both research and spiritual aspects, and this book delivers! For me, it's a book that I will use and reference many times over.



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