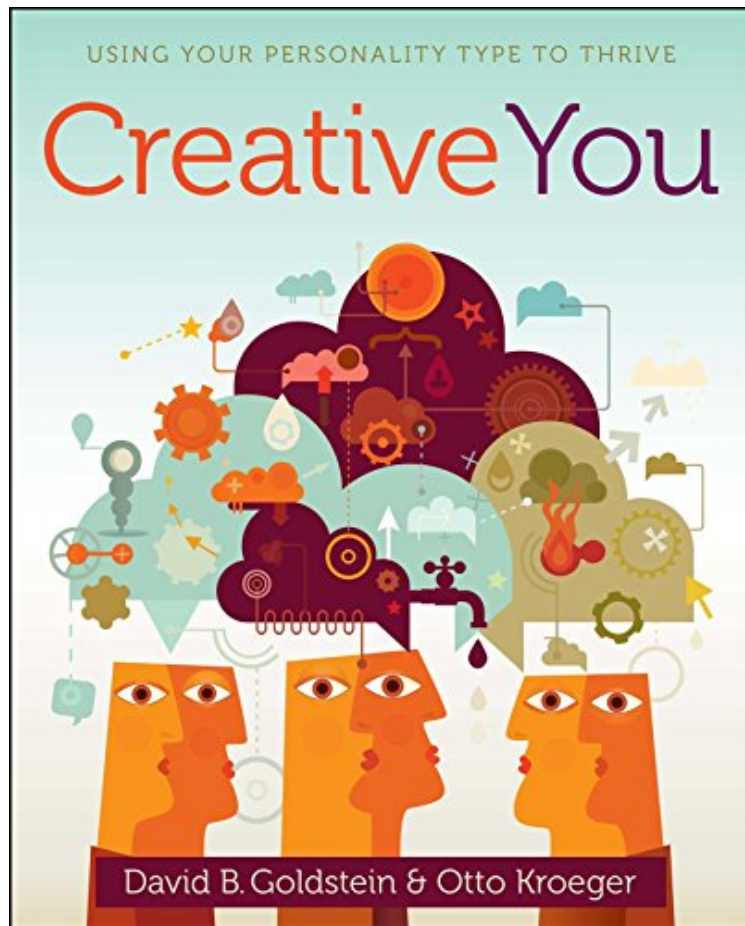


[Ebook free] Creative You: Using Your Personality Type to Thrive

Creative You: Using Your Personality Type to Thrive

Otto Kroeger, David B. Goldstein
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Otto Kroeger, David B. Goldstein : Creative You: Using Your Personality Type to Thrive before purchasing it in order to gauge whether or not it would be worth my time, and all praised Creative You: Using Your Personality Type to Thrive:

16 of 16 people found the following review helpful. Very insightful
By Michelle H
With all the trends trying to put people and creativity into a box or formula, this book is a refreshing reminder of how we are all creative in our own unique ways. It is a great place to begin for those armed with their MBTI type and gives a great grounding for further research into how our individual tendencies contribute to how we solve problems and, more specifically, make our art. The book helps more clearly define what it MEANS to be introverted/extroverted, thinking/feeling, judging/perceiving, etc. by explaining how we use our energy, where it comes from and what we lead with. For example, do you lead with your head or your heart? Do you draw your energy from a group setting or do you recharge on your own? Once that has been established, the book goes into how these elements work together during the artistic/creative process. I learned: What parts of my personality contribute to my style of creativity. Where I was

actually working against myself - trying to be something I am not New ways to understand what drives my desire to create How to maximize my creativity by drawing on my strengths Creative approaches and techniques used by famous creatives sharing my personality type to add to my toolkit.I was encouraged by the information in this book to look a little deeper into my dominant, auxiliary and inferior expressions for an even richer understanding of how I might be more creative.I wouldn't recommend trying to guess your MBTI type, however. This book is most useful to those who have taken the test and already know their type (all 4 letters!). There are a number of decent free tests available online and look for one with at least 50 questions or more.I bought the Kindle edition, but I wish I had the paper version because I find myself referring back to many different points in the book and it can get awkward!Recommended for anyone wanting to increase their creativity by having a better understanding of how they tick. I wish this book was around back when I was in school.Overall, recommended!9 of 9 people found the following review helpful. Makes rational sense - with a creative twist!By GaryThe four letters of my personality type, INFJ, have always suited me - but what to do with them, especially as it relates to the creative aspects of my life, have always baffled me. This book does a wonderful job explaining the meaning of the individual letters and the combinations from a different perspective. I understood how to use them to relate to other people, but this gives great insight about how to use your strengths to be creative and fulfilled in a world where creativity isn't always appreciated. I highly recommend this book.6 of 6 people found the following review helpful. For understanding success in Professional situations interpersonal relationsBy A CooperFor most of my life, people tried to make me believe that the way I think, feel, say do things is wrong or needs 'correction' or 'improvement'.This book taught me that I am a 'type' of person, although my type is rare (1-4% of the population).I finally felt understood, as I read. The book shows you how to use your way of thinking to be successful most importantly teaches you about "blind spots" that your personality type tends to not see or realize. The "blind spot" teaching was great, because the things I didn't realize or tended to not consider is what people were finding inconsiderate.In summary, the book breaks down what your personality-type tends to do, offers career paths most suited for your type, encourages you to consider other personality-types (remembering the "blind spots") it frees your heart mind from the thoughts "I am a bad person because I am not like everyone else".If you want help in understanding people, THIS is the book for you! A most excellent purchase that will help for a lifetime...

No matter what your passion isbusiness, technology, science, or plumbingthis practical guide will enable you to unleash your innate creative skills based on your unique personality type and succeed in everything you do.Whether you can admit it to yourself or not, you are creative. In todays complex world, creativity is the key to finding and living your passion. Whatever that passion is cooking, technology, writing, or even plumbingCreative You reveals your own personal style of creativity to help you build an environment of innovation at work and home. Discover your creative personality type with a simple quiz and detailed descriptions of the sixteen personality types. Plus, tools and techniques show you how to apply creativity to your everyday life. Drop excuses like Im too old to start being creative and creativity is only for artists. Confidently use creativity to live your passion by using your natural style. Whether you are starting from scratch or enhancing an already developed skill, discover the creative you that youve been searching for.

"...anyone stuck in a mental rut will appreciate Goldstein and Kroeger's eclectic and provocative guidance." (Publishers Weekly)"Whether [readers] are interested in better understanding their psychological profile or in adding a little creative fun to their lives, this book has the answers they are looking for." (Retailing Insight)Over thirty years after his field-defining Type Talk, Otto Kroegerwith his new and wonderful coauthor, David Goldsteinhas created an accessible and much needed volume on creativity through the lens of psychological type. In this age of grinding demands for creativity and change, Creative You, empowers each of us to understand and fully realize the creativity that each of us is hard wired to have. (Hile Rutledge, president of OKA)"Whether you've lost faith in your own creativity or are trying to help others regain theirs, Goldstein and Kroeger provide a wealth of rich examples and practical advice on embracingand making the most ofone's own creative style." (Jane A. G. Kise, EdD, author of Intentional Leadership and founder of Differentiated Coaching Associates)"Finally a book that explains the two types of creativity in a well researched and logical manner. Some of us excel in "adaptive" creativity, changing a few features to make something work better. Others exhibit "innovative" creativity, generating the ideas that come out of nowhere. As an artist, writer, and seminar leader I have found that both are needed and understanding one's own strength is crucial to career success and satisfaction." (Shoya Zichy, author of Career Match and Personality Power)"This well thought out and articulate book cries out for us to re-examine the traditional notion of what it means to be creative. Using the frameworks of type and temperament, the authors challenge us to know ourselves, so that we can recognize and nurture our own kind of creativity. More than a theoretical work, the book is bursting with practical information on not only how to understand our creative nature, but how to implement what excites us the most." (Cynthia Stengel Paris, MBTI master practitioner and president of The People Skills Group)"I found Creative You both liberating and affirming. This book has enhanced my understanding and appreciation of creative styles, and I

intend to use what I have learned to paint, teach, and validate with new confidence and renewed appreciation of creative differences in both process and product. It is no surprise to see David and Otto generate, harvest, and communicate creative ideas. They are gifted, engaging men who have applied creativity to leading accomplished lives. CreativeYou is another generous contribution." (Jean K. Gill, SWA, NWS)"David Goldstein and Otto Kroeger have performed a valuable service by helping people of all 16 personality types to understand and enhance their creative gifts. Creativity isn't just for one type of personality. Each of us has creative potential, and each personality type has a creative contribution to make. Creative You will help you find your own unique pathway to a more creative life, even if you previously thought of yourself as uncreative." (Shelley Carson, PhD, lecturer in psychology at Harvard University and author of *Your Creative Brain*)"Today, your creativity is more valuable than oil or gold. It's one necessity that can't be outsourced! This timeless, fascinating book shows you how to be more creative, boost your earning power and job security, and make the world a far better place." (Patricia Aburdene, author of *Conscious Money*)"With a range of incisive, insightful, and unique metaphors, Creative You will assist experienced practitioners explain type concepts more effectively and help those new to the theory to grasp it more quickly and thoroughly. Goldstein and Kroeger have made a special contribution to the type literature from cooking to spirituality to pop art, there is something here to stimulate the creativity of all types." (Katherine W Hirsh, DPhil, author of three volumes in the *Introduction to Type Series*)

About the Author Otto Kroeger is a bestselling author and expert in the Myers-Briggs Type Indicator (MBTI) Assessment. He served as president of the Association of Psychological Type International and is a current member of the National Training Laboratory Institute of Applied Behavioral Sciences. Kroeger has coauthored four leading books on personality: *Type Talk*, *Type Talk at Work*, *16 Ways to Love Your Lover*, and *Personality Type and Religious Leadership*. David B. Goldstein is Myers-Briggs Type Indicator certified and has done extensive research on the connections between creativity and psychological types. He earned an MBA from The George Washington University and studied art at the Hong Kong Art School. He splits his time between New York City and Falls Church, Virginia.