Provides a clear understanding of the dynamics of typical people and of psychological type theory, as well as their practical use in real life.

This is a humorous, and at the same time clear, systematic, and well-founded introduction to C.J. Jung's Type Theory. Written in an easy-to-understand conversational style, with examples, stories, vignettes, caricatures, and cartoons, the book will help readers identify patterns that exist among people, patterns that make us "typical" while preserving each person's individuality. Readers will find themselves on these pages, as well as their friends, family, colleagues, and co-workers – and the clearer understanding of psychological type and dynamics gained from the book will signpost paths for continued growth and maturation. Examples of the practical applications of type theory at work and in other areas of life are provided throughout the book, as are references for further reading and investigation.

Stress is a part of all of our lives that impacts on personality, and so in addition to the four well-known dimensions of psychological type – energy, perceiving, judging, lifestyle – the authors also look at stress and how the "typical" reactions to stress depend upon our personality preferences. Learn, for example, why during times of stress some people seem to fully ignore the details while others are most absorbed in them.

This easy-to-read and humorous book provides a clear understanding of the dynamics of typical people and of psychological type theory, as well as their practical use in real life.