



# Just My Type: Understanding Personality Profiles

*Michael J. Rosen, Daniel Carlson*

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For thousands of years, philosophers and scientists have searched for the keys to human personality. Today, personality testing is a multibillion-dollar business. Many people take personality tests online just for fun. Whether silly or serious, personality testing can be an eye-opening way to better understand yourself, your family, and your friends. *Just My Type* introduces readers to the history of personality profiling, ranging from ancient Chinese astrology, to Freud and Jung, to the modern-day Myers-Briggs and the Minnesota Multiphasic Personality Inventory (MMPI) assessments. Examine the world of online personality assessments through mini self-administered quizzes. Learn how to distinguish useful applications from biased typecasting.

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