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## Personality: What Makes You the Way You are

By Daniel Nettle

Oxford University Press. Paperback. Book Condition: new. BRAND NEW, Personality: What Makes You the Way You are, Daniel Nettle, Why are some people worriers, and others wanderers? Why do some people seem good at empathising, and others at controlling? We have something deep and consistent within us that determines the choices we make and the situations we bring about. But why should members of the same species differ so markedly in their natures? What is the best personality to have; a bold one or a shy one, an aggressive one or a meek one? And are you stuck with your personality, or can you change it? Daniel Nettle takes the reader on a tour through the science of human personality, introducing the five 'dimensions' on which every personality is based, and using an unusual combination of individual life stories and scientific research. Showing how our personalities stem from our biological makeup, Nettle looks at the latest findings from genetics and brain science, considers the evolutionary origins and consequences of personality variation, and even includes a questionnaire for you to assess your own personality against the five dimensions. There is no optimal personality to have. Rather, every disposition brings both advantages...



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