



Do You Know the Real You?: More Than 66 Ways to Understand Your Personality (Paperback)

By Claire Gordon

Penguin Books, United States, 2005. Paperback. Book Condition: New. 216 x 203 mm. Language: English . Brand New Book. In Do You Know the Real You? psychology expert Claire Gordon offers revealing exercises and quizzes to help you pinpoint your strengths and use them more effectively in every area of your life. From your career and friendships to romantic relationships and beyond, this beautifully packaged, practical book of self-discovery assesses how your own unique traits affect how you interact in the world and explains how to overcome your weaknesses. Do You Know the Real You? includes revealing selftests to help readers discover and maximize their natural strengths answering such questions as: How well do you know yourself? Are you confrontational? Are you sensitive? In your day-to-day life, do you like to be the star attraction or do you prefer a more supporting role? Do you trust easily? Are you a realist or an idealist?.



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