



Was That Really Me?: How Everyday Stress Brings Out Our Hidden Personality

Naomi Quenk

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Psychologist Naomi Quenk discusses the stress patterns that various personality types experience. Using Jungian psychological type theory and the MBTI® personality inventory, Quenk helps readers turn their moments of stress into gems of personal understanding and growth. Work-related stress and the effects of stress over time are both explored in *Was That Really Me?*, as is a simple explanation of type dynamics, type differentiation, and type development. Including discussions of how each of the sixteen personality types functions at work and what each finds stressful or energizing, plus new stories about people in the grip of their inferior functions, *Was That Really Me?* helps readers learn from moments of stress.



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