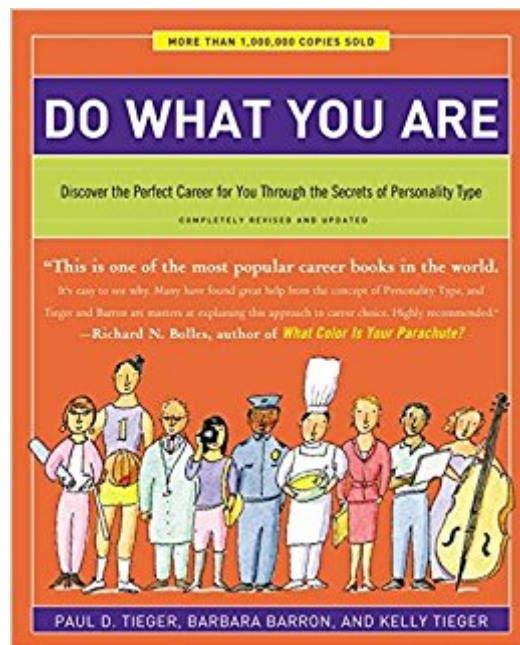


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# Do What You Are: Discover The Perfect Career For You Through The Secrets Of Personality Type



## Synopsis

The bestselling guide to finding career success and satisfaction through Personality Type is now thoroughly revised, expanded, and updated. *Do What You Are* -- the time-honored classic that has already helped more than a million people find truly satisfying work -- is now updated to include jobs in today's hottest markets, including health services, education, and communications technology. With the global economy's ups and downs, the advent of astonishing new technology, the migration to online work and study, and the ascendancy of mobile communication, so much has changed in the American workplace since this book's fourth edition was published in 2007. What hasn't changed is the power of Personality Type to help people achieve job satisfaction. This fifth edition is especially useful for millennials and for baby boomers experiencing midlife career switches. The book leads readers step-by-step through the process of determining and verifying Personality Type. Then it identifies occupations that are popular with each Type, provides helpful case studies, and offers a rundown of each Type's work-related strengths and weaknesses. Focusing on each Type's strengths, *Do What You Are* uses workbook exercises to help readers customize their job search, ensuring the best results in the shortest period of time.

## Book Information

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## Customer Reviews

"This is one of the most popular career books in the world. It's easy to see why. Many have found great help from the concept of Personality Type, and Tieger and Barron are masters at explaining

this approach to career choice. Highly recommended." --Richard N. Bolles, author of *What Color is Your Parachute?* "A revolutionary way of finding the right job. Every job hunter or career changer needs this book." --Kevin Harrington, Career Services, Harvard Graduate School of Education "Offers an easy way to discover some extremely useful information about your Personality Type. When you are armed with this new self-awareness, the directions toward your own job and career satisfaction become clear." --William Corwin, Office of Career Services, Princeton University

Paul D. Tieger and Barbara Barron are internationally recognized experts on and the authors of five breakthrough books about Personality Type, including the one-million copy bestseller *DO WHAT YOU ARE*, which changed the way career consulting is practiced all around the world. They have been training professionals in the use of Personality Type for 32 years. Kelly Tieger graduated from Sarah Lawrence and has been exposed to Personality Type her whole life. She contributed research to the fourth edition of *DO WHAT YOU ARE*.

OK so I maybe too old for doing this personality test but I've always known I'm in the wrong career field. In fact, I can't even call it a career- It's a job (grateful to have a job but still). Anyway, taking the test I now understand that my personality is polar opposite to my job. This doesn't mean I'm not capable of doing my job just that it takes more out of me than what I get back. I'm a square peg trying to fit in a round hole. Whether, I can change jobs this late in the game remains to be seen but I don't feel guilty about feeling this way anymore. I think anyone who is about to go off to college, feels unfulfilled at work, or just doesn't know what direction to go in would benefit from this book. I think I would have taken the advice and changed my major in college.

I've read many career books over the years and surprisingly found this one quite informative and useful. Some folks do not put much faith in the Meyers Briggs (MB) personality tests. To each their own. I, for one, have found them useful and mostly accurate and that comes from a born skeptic. The usefulness of the book lies in the structure and detail the author delves into matching personality type to types of work. I have read no other book that goes in the same level of detail. It helps narrow down your options. Personality type is only one factor however. What the book lacks is a big picture approach. This is why I gave it 4/5. A better book for the high level review would be *What Color is Your Parachute*. I am looking forward to combining the two in my career search effort.

Just starting out after finishing a degree, changing careers mid-life or turning a corner in your

professional life when things have become stale and boring. "Do What You Are" is a refreshing guide to finally getting it right and a valuable resource to help you sort it all out.

The description states " DO WHAT YOU ARE uses workbook exercises" but I found there to be very few even in the book unfortunately. This is one of the main reasons that I bought this book. It does have some good material regarding personality types though.

If you are already familiar with Myers Briggs; do not waste your time on this book.

This book is well written. For my personality type this book was a true page turner. I really enjoyed every chapter. I did buy it to "figure" myself out. But I found that I use it on family and friends as well. It helps me figure out their personalities and how best to deal with them or be patient with them. This book not only gave me insight into a few possible jobs, but it has given me a insight in how to be a better wife, mother and friend to those that have a different personality than myself.

I used to use this book all the time throughout my years in college. Ended up buying my own copy for my younger sister and brothers to use as well. Very fun and insightful.

This book really helps you figure out your personality type, define the good and the bad of it. Very valuable to work with your strengths and realize what your weaknesses are.

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