



Type Talk

The 16 Personality Types that Determine How We Live, Love and Work

By Otto Kroeger and Janet Thuesen

★★★★★ (5 stars)

Buy this book if you:

- *Want an excellent introduction to the Myers-Briggs personality system*
- *Need coaching tools for helping others understand their design and how to collaborate more effectively with others*
- *Want an MBTI book to give to clients*

Myers-Briggs is a widely-used personality typing system that's a wonderful tool for coaches. It is my most valuable tool for troubleshooting conflict and communication issues, revealing a person's design and helping understand how to modify my coaching style to fit each client. Otto Kroeger, a former pastor, runs one of the foremost instructional schools for training in the MBTI and has decades of experience in applying type to business and personal situations.

What You'll Learn

The book covers all the basics, including an introduction to Myers-Briggs, a section that helps you find your type, finding the types of others, and several-page profiles of each of the 16 types (that's the section I refer to most). Kroeger also uses his practical and readable style to look at temperaments (two-letter pairs that form a typing shortcut). Chapters are included on using type in the workplace, in romantic relationships and in parenting, with additional info on things like types and money management, time management and communication styles.

The book is filled with models, real-life examples and dozens of stories and case studies, making a complex system accessible and easy to understand. Some of the type books out there are filled with technical language about function pairs, validation and statistics—this book stays on a popular level while still accurately communicating the guts of type. I like that balance.

Summary

This is (in my opinion) the best overview of Myers-Briggs type. I recommend it frequently to clients to learn more about their own type and that of others. MBTI is a powerful coaching tool, and this book brings out its best.



Reviewed by:

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