

The Key to Understanding People

Your Guide to Self-understanding and Healthy Relationships

San Francisco, CA, 9/1/15 – Finally, someone has figured out a way of looking at our differences that makes it easy to understand what's going on with other people, not to mention yourself. Once you know this map, you'll know how to interact successfully with others.

In his new book, *The 5 Personality Patterns* (Bodhi Tree Press, 2015, ISBN: 0996343903, \$23.95, <http://the5personalitypatterns.com>), Steven Kessler gives you a simple, clear, true-to-life map that shows why people behave the way they do and how you can interact with them effectively.

He says, "Much of our human suffering is not necessary. It is created by old patterns of feeling and acting that helped us survive the traumas of childhood, but then got stuck in our bodies. But we can get out of those patterns and return to being present. To do that, we need to:

- Recognize when we're in pattern
- Take action to get out of pattern
- Heal the wounds that trigger us back into pattern"

Stephen M. Johnson, author of *Character Styles and Characterological Transformation*, says "This is one of the most useful popular psychology books I have ever seen. . . . It should become a classic."

Steven Kessler has been studying people his whole life. As early as the 9th grade, he was attending the school plays, night after night, to learn about people's emotions. For almost 30 years, he's been a licensed psychotherapist in the San Francisco Bay Area, teaching both locally and internationally. During that time, he has studied many different healing modalities and maps of personality, including the Enneagram (with Helen Palmer), NLP, energy work, Thought Field Therapy, and EFT (Emotional Freedom Techniques), becoming a certified EFT Expert & Trainer. For the last 12 years, he has been a student of Lynda Caesara, studying Character Structure, the direct perception of energy, and shamanism in the lineage of Grandfather Two Bears and the Southern Seers tradition.

More information about each of the 5 patterns, plus help in discerning which patterns you go into, is available at <http://the5personalitypatterns.com>. A complete Media Kit can be downloaded there. There are also links to buy the book, sign up for the Newsletter, and contact the author.

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About the Author:



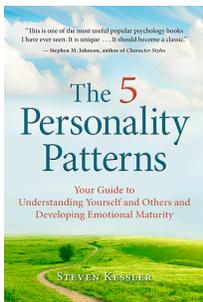
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About the Book:



The 5 Personality Patterns (Bodhi Tree Press, 2015, ISBN: 0996343903, \$23.95, available at <http://www.amazon.com/gp/product/0996343903> and <http://the5personalitypatterns.com>) gives you the key to understanding people, both yourself and others. It gives you a simple, clear, true-to-life map that shows why they behave the way they do and how you can interact with them effectively. This is a book that can change your life.

Review Copies and Media Interviews:

For a review copy of *The 5 Personality Patterns* or an interview with Steven Kessler, please contact him at 510-834-5399 or [steven@ the5personalitypatterns.com](mailto:steven@the5personalitypatterns.com). When requesting a review copy, please provide street address.

If you would like to receive this information as a Word document, please let us know.