



The 5 Personality Patterns:
Your Guide to
Understanding Yourself and Others
and Developing Emotional Maturity

By: **Steven Kessler**

Published by: **Bodhi Tree Press**

Available for Sale at: Amazon.com, iBooks,
the5personalitypatterns.com

Retail Price for Print: \$23.95

Print ISBN: 0996343903

Retail Price for eBook: \$21.99 on kindle, or as a
series of 5 kindle ebooks, each \$4.99

eBook ISBN: 0996343911

Book Website:

<http://the5personalitypatterns.com/index.htm>

Publisher Website:

<http://bodhitreepress.com/index.htm>

Author Website:

<http://the5personalitypatterns.com/index.htm>

Praise for *The 5 Personality Patterns*

"This is one of the most useful popular psychology books I have ever seen. . . . It should become a classic."

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– David Vengerov

"an absolute powerhouse"

– Jordan Gruber, CEO of Enlightenment.Com

"This is THE manual to have in your self-help arsenal."

– Norma Ramos, Teacher of classes on the personality patterns

"Steven Kessler's articulation of the patterns, his ability to illuminate not only the shadow side of the patterns but also the talents and gifts of each pattern, AND give the reader tools to help him/herself hit the re-set button are all brilliant. "

– Jeannie Achuff, NPD