

Synopsis for *The 5 Personality Patterns*

2-line Summary:

The 5 Personality Patterns gives you the key to understanding people and interacting with them effectively.

Short Synopsis:

The 5 Personality Patterns 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.

Medium Synopsis:

The 5 Personality Patterns 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.

Understanding people this way is like having x-ray vision!
Suddenly, you can see what's going on inside people:

- you can see what scares them and how they react when scared
- you can see how to soothe them and help them feel safer
- you can see how to approach them so that they welcome you
- you can see how to communicate with them so that they get it

This book shows you the path out of your suffering and back to your true self. This is a book that can change your life.

Long Synopsis:

The 5 Personality Patterns 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.

Understanding people this way is like having x-ray vision!
Suddenly, you can see what's going on inside people:

- you can see what scares them and how they react when scared
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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."

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. These patterns have shaped us so deeply that now we think that's who we are. But these patterns are not your true self. In fact, they cover up your true self and prevent it from shining out into the world.

Fortunately, there is a map of these survival patterns, a map that helps you:

- Discover how you got stuck and how to get free
- Heal your core wounds
- Learn the skills you missed
- Communicate effectively with others
- Develop emotional maturity

This book lays out that map and shows you the path out of your suffering and back to your true self. Once you know where you're going, your journey will be easier. Without a map, you may have been walking in circles for years. With a map, you can find your way home.

Reviewers have said:

"This is one of the best psychology books I have ever read."

"an absolute powerhouse"

"This is a must-read book. . . . Steven goes into great extent explaining that you are not your pattern, that you are you, and that the patterns are just a templated default responses, adopted early on in life, that are usually not appropriate to what is happening here and now. He explains how to recognize your patterns, how to realize when you are in pattern, and how each person can learn to snap out of it. Overall, this is a life changing, wonderful, and well written book, that would be enjoyed by seasoned somatic professionals and people new to psychology alike. I highly recommend it!"

"Over the years, I have attempted to learn about myself and heal frustrating patterns within myself through studying things like astrology, the Enneagram, Myers Briggs, etc. While I gained bits and pieces from each of those systems, nothing changed my life like learning about the character patterns, as outlined in Steven Kessler's book, "The 5 Personality Patterns". I have read other author's descriptions of these patterns and still never felt like I fully understood what it was all about. 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. "

"As a student of this work for 15 years and now a teacher of it I can honestly say that this is THE manual to have in your self help arsenal. This information is a must have if you are dealing with people on a daily basis. No matter what field of work you are in from transformational healing to the corporate / business world, you need this book."

Points of Interest about the Book's Content:

1. 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.
2. We can get out of those patterns and return to being present.
3. We need to:
 1. Recognize when we're in pattern
 2. Take action to get out of pattern
 3. Heal the wounds that trigger us back into pattern

Book Details and Purchase Information

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