

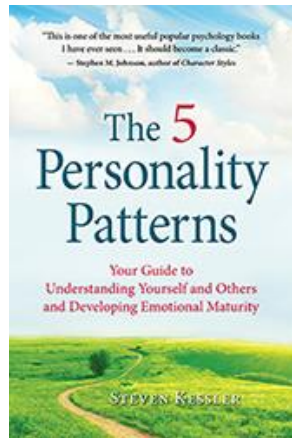
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The 5 Personality Patterns

Your Guide to Understanding Yourself and Others and Developing Emotional Maturity

by Steven Kessler

About the Book

This book is a groundbreaking contribution to the self-help / psychology field. It provides a simple, clear, true-to-life map of personality that gives anyone the key to understanding people and interacting with them successfully. And it shows you how to shift out of your patterns and back to presence. This is a book that changes lives.

About the Author

Steven Kessler has been a psychotherapist for almost 30 years and teaches internationally.

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