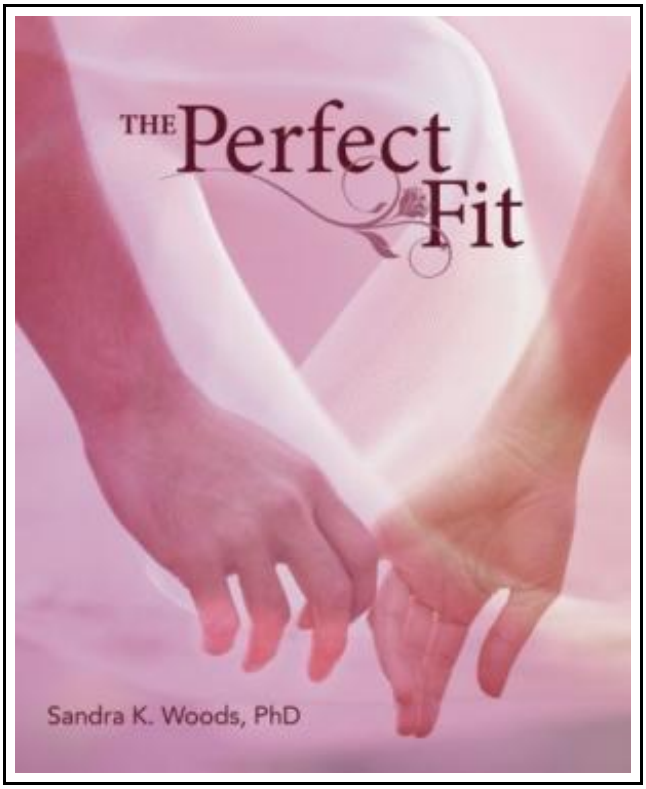
The Perfect Fit



Filesize: 2.07 MB

Reviews

It in a single of the best book. This is for those who statte there had not been a well worth reading through. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Dr. Barney Robel Jr.)

THE PERFECT FIT

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iUniverse, United States, 2014. Paperback. Book Condition: New. 235 x 190 mm. Language: English . Brand New Book ***** Print on Demand *****.Do opposites really attract? Why doesn t my partner understand me? What can I do to make this relationship work? The Perfect Fit, by Dr. Sandra K. Woods, explores and answers these questions and more. Woods proposes the existence of two basic temperament types that are opposite and complementary in nature: one of Being, and one of Doing. She discusses the underlying dynamics, the traits common to each temperament type, and the attractive forces that bind the two together. She also proposes a simple neurochemical template upon which these basic temperaments are superimposed. Examples from everyday life are used to illustrate natural differences in the imprinting of psychic feeling, which can and does lead to natural differences in perception and communication. The author describes and defines qualities common to all feelings, as related to fitting, bonding, weight, and contagion. Finally, a consideration of the five stages of marriage is discussed within the context of these basic differences. Common pitfalls are examined along the way. With some solid grounding in understanding the differences between these two basic temperament types, it is indeed possible to have a mutually fulfilling relationship, as partners work to understand, trust, and accept each other. In The Perfect Fit Dr. Sandra Woods, based on her understanding of the brain and her long experience as a professional, has created an engaging presentation of the nature of human temperament. Starting with a clear and very readable exposition based on neuroscience and the chemistry at work in the brain, she leads us to an understanding of the spectrum of personality types from Be-ers, who literally live for the moment, to Do-ers, who carefully plan their actions with an...

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