



Quirk: Brain Science Makes Sense of Your Peculiar Personality

Hannah Holmes

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Who *are* you? It's the most fundamental of human questions. Are you the type of person who tilts at windmills, or the one who prefers to view them from the comfort of an air-conditioned motorcoach? Our personalities are endlessly fascinating—not just to ourselves but also to our spouses, our parents, our children, our co-workers, our neighbors. As a highly social species, humans have to navigate among an astonishing variety of personalities. But how did all these different permutations come about? And what purpose do they serve?

With her trademark wit and sly humor, Hannah Holmes takes readers into the amazing world of personality and modern brain science. Using the Five Factor Model, which slices temperaments into the major factors (Extraversion, Neuroticism, Agreeableness, Conscientiousness, and Openness) and minor facets (such as impulsive, artistic, or cautious), Holmes demonstrates how our genes and brains dictate which factors and facets each of us displays. Are you a Nervous Nelly? Your amygdala is probably calling the shots. Hyperactive Hal? It's all about the dopamine.

Each facet took root deep in the evolution of life on Earth, with Nature allowing enough personal variation to see a species through good times and bad. Just as there are introverted and extroverted people, there are introverted and extroverted mice, and even starfish. In fact, the personality genes we share with mice make them invaluable models for the study of disorders like depression, schizophrenia, and anxiety. Thus it is deep and ancient biases that guide your dealings with a very modern world. Your personality helps to determine the political party you support, the car you drive, the way you eat M&Ms, and the likelihood that you'll cheat on your spouse.

Drawing on data from top research laboratories, the lives of her eccentric friends, the conflicts that plague her own household, and even the habits of her two pet mice, Hannah Holmes summarizes the factors that shape you. And what she proves is that it does take all kinds. Even the most irksome and trying personality you've ever encountered contributes to the diversity of our species. And diversity is the key to our survival.

From the Hardcover edition.

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Exactly why? Because this Quirk: Brain Science Makes Sense of Your Peculiar Personality is an unordinary book that the inside of the publication waiting for you to snap that but latter it will distress you with the secret it inside. Reading this book beside it was fantastic author who have write the book in such remarkable way makes the content within easier to understand, entertaining method but still convey the meaning fully. So , it is good for you for not hesitating having this anymore or you going to regret it. This amazing book will give you a lot of positive aspects than the other book have such as help improving your talent and your critical thinking approach. So , still want to postpone having that book? If I have been you I will go to the reserve store hurriedly.

Frank Lach:

In this period of time globalization it is important to someone to acquire information. The information will make professionals understand the condition of the world. The condition of the world makes the information quicker to share. You can find a lot of personal references to get information example: internet, magazine, book, and soon. You can see that now, a lot of publisher that print many kinds of book. Typically the book that recommended to you is Quirk: Brain Science Makes Sense of Your Peculiar Personality this e-book consist a lot of the information with the condition of this world now. This book was represented just how can the world has grown up. The terminology styles that writer value to explain it is easy to understand. Often the writer made some exploration when he makes this book. That's why this book appropriate all of you.

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