



# Understanding Yourself and Others, An Introduction to Temperament

*Linda V. Berens*

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The four temperaments are patterns of organization. David Keirse described these patterns of organization in the popular book *Please Understand Me*. By understanding these four temperament patterns we can better understand and relate to others. In this booklet, Linda V. Berens has made these temperament patterns more available and applicable to everyday life. As an application booklet, *Understanding Yourself and Others, An Introduction to Temperament* is designed to be interactive so you can explore the four temperament patterns and identify your own and others.

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