



Personality Lingo: Use the Power of Personality to Transform Relationships, Improve Communication and Reduce Stress

Mary Miscisin

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Think of the people you interact with throughout your day. Do you find some are a pleasure – while others are more of a pain? Each of us has our own style, preferences and ways of operating, how do we bring out the best in each other instead of driving each other crazy? Mary Miscisin shows us the way in this update of her classic book *Showing Our True Colors*.

Playfully illustrated, **Personality Lingo** is a fun, easy guide for identifying personality styles and understanding why people behave as they do. Through lighthearted anecdotes, humorous cartoons and convenient reference lists, Miscisin conveys complex personality concepts in easy to comprehend layman language. Go beyond simple identification of your personality to discover immediately useful methods for practical application of the concepts. You'll find tips for appreciating and relating to each style along with ways to open up lines of communication, reduce stress and transform relationships – even ones you thought were impossible.

In **Personality Lingo** the previous color terms have been updated to reflect easy to remember descriptors:

Blues are **CONNECTORS** – they like to connect with others and grow from their life experiences. They naturally connect meaning to actions and events & see easily see how one concept connects to another and to the bigger picture. They often let life unfold instead of trying to control their direction. Rather, they want their path or purpose to be revealed to them from life circumstances.

Golds are **PLANNERS** – they crave consistency and have a penchant for planning. Steadfast, reliable and conscientious, this style aims to create a life that is safe and secure. This inclination drives them to make check lists for tasks and create back-up plans in case things don't go as anticipated. They usually have a well-defined picture of what things need to be done, in the order it should be done for successful completion.

Greens are **THINKERS** – they may spend a great deal of time lost in their thoughts and ideas and can derive great pleasure from doing so. They can hardly resist fixing, solving or figuring out an intellectual challenge, especially when someone says it cannot be done. They have a voracious appetite for knowledge and crave competency. The motivational fires are fueled by learning, imagination and invention.

Oranges are **MOVERS** – known as “Movers and Shakers”, not only do they like to move their own bodies, they move others to action. As fun-seekers, they like to keep things lively, entertaining, and moving along. They move from subject to subject in conversations, move priorities on a moment's notice and can move mountains with their motivation and delegation skills. They resist relationships and careers that are routine. They would rather be surprised by what life has to offer in the moment.

Whether you speak a letter lingo (such as MBTI), a color lingo (such as Don Lowry's True Colors) or other descriptor lingo (such as Keirsey Temperaments) you will easily recognize the Personality Lingo attributed to each style.

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