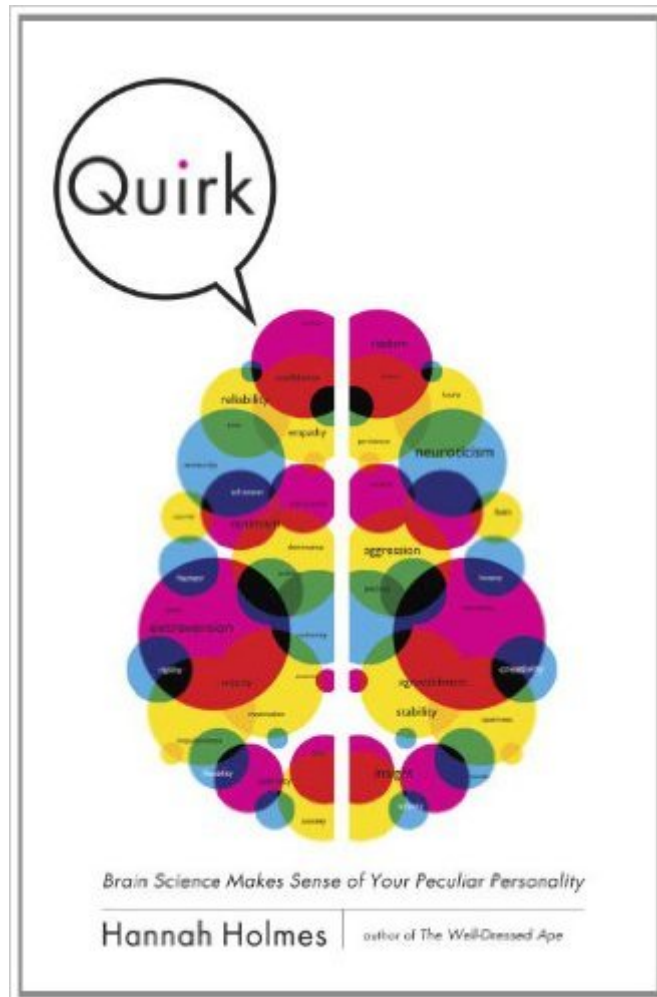


## The book was found

# Quirk: Brain Science Makes Sense Of Your Peculiar Personality



## Synopsis

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.Â From the Hardcover edition.

## Book Information

File Size: 4039 KB

Print Length: 288 pages

Publisher: Random House (February 22, 2011)

Publication Date: February 22, 2011

Sold by:Â Digital Services LLC

Language: English

ASIN: B004C43FV6

Text-to-Speech: Not enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #69,350 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #41 in Kindle Store > Kindle eBooks > Medical eBooks > Internal Medicine > Neurology > Neuroscience #42 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Neuropsychology #44 in Kindle Store > Kindle eBooks > Nonfiction > Science > Biological Sciences > Biology

## Customer Reviews

This is a great topic. It's basically the Five Factor personality model meets brain science meets evolutionary psychology. If you're not already familiar with all that ...The Five Factor model (also called the Big 5, OCEAN, and CANOE) is a way to parse out each individual's personality. Different factors include open-mindedness, conscientiousness (AKA orderliness), extroversion, agreeableness (AKA accommodation), and neuroticism (i.e., as opposed to Emotional Stability). It's kind of like Myers-Briggs, if you're familiar with that. The good thing about the Five Factor model, though, is that a lot of research went into it. It's typically recognized as THE model for serious research. Neuroscience means fMRI images and experimenting on mice to see which chemicals affect which parts of the brain to produce what behaviors, attitudes, and - finally - personality traits. Evolutionary psychology posits that some of the ways we behave and think and feel were selected through evolution. For example, humans evolved in an environment of limited nutritional choices. That's why we crave sweets, fats, and salt. While that was effective hundred of thousands of years ago, when these things were scarce in the natural environment, it's very unhealthy and counter-productive today, when these things are cheap and available everywhere. So, why three stars? It's less the topic (which I love) and more the style. I generally like books like this, books that take something pretty complex and boil them down a little and present them in an accessible way that the average reader can appreciate. Probably the prime example here is someone like a Malcolm Gladwell. Holmes attempts something similar. For me, though, she goes a little overboard.

This book has the apparent rhetorical objective of bringing personality theory and evolutionary

theory together to try to explain the elucidate individual personality by making sense of the Big Five model using informal examples selected by the author. Personally, it didn't work for me. One reason is that her adaptation explanations didn't make sense of the Big Five model in any consistent way as far as I could tell. The second reason is that I found her use of informal examples very confusing. They seemed like they could be interpreted in ways other than the author's interpretation, and that left me wondering whether she had really accomplished the objective at all. There is a feeling here in many places of ad hoc storytelling to try to make sense out of each of the facets predicted by Big Five theory. There is a lot of good information about the Big Five model and its subscales here, with examples, and if you are just looking for that, I think it is a worthwhile book, and there are few good books in that genre. However I'm much less enthusiastic about the attempted synthesis with evolutionary biology. And the gaps in an explanation of personality are notorious opportunities for our instincts for wishful thinking and stereotypes to slip in. Good features include the nicely thought out overall organization, the inclusion of both mouse and human research for each trait, and an attempted evolutionary rationale. Also the theoretical stance introduced in the beginning is very intriguing, suggesting that natural selection favors different personalities because there is no optimum behavioral strategy in every environment humans find themselves in historically.

[Download to continue reading...](#)

Quirk: Brain Science Makes Sense of Your Peculiar Personality Personality Disorders: The Ultimate Personality Disorder Guide 2nd Edition - Giving You Clarity, Helping You Move Forward (personality disorders, mental ... Obsessive Compulsive Disorder Book 1) Brain Training: The Ultimate Guide to Increase Your Brain Power and Improving Your Memory (Brain exercise, Concentration, Neuroplasticity, Mental Clarity, Brain Plasticity) Brain Cancer Treatment - How to Beat Brain Cancer And Get Your Life Back (Brain Cancer, Tumor, Brain Cancer Treatment, Natural Treatment) Brain Training: Power Brain! - Secret Techniques To: Improve Memory, Focus & Concentration (Brain teasers, Improve memory, Improve focus, Concentration, Brain power) Practice Makes Perfect Basic Spanish, Second Edition: (Beginner) 325 Exercises + Online Flashcard App + 75-minutes of Streaming Audio (Practice Makes Perfect Series) Practice Makes Perfect Spanish Verb Tenses, Premium 3rd Edition (Practice Makes Perfect Series) Practice Makes Perfect Basic English, Second Edition: (Beginner) 250 Exercises + 40 Audio Pronunciation Exercises (Practice Makes Perfect Series) Practice Makes Perfect English Vocabulary for Beginning ESL Learners (Practice Makes Perfect Series) You Get So Alone at Times That It Just Makes Sense Why Isn't My Brain Working?: A revolutionary understanding of brain decline and effective strategies to recover your brain's health Brain Games #1: Lower Your Brain Age in Minutes a Day (Brain Games (Numbered)) Brain Games

#3: Lower Your Brain Age in Minutes a Day (Brain Games (Numbered)) Mental Health:  
Personalities: Personality Disorders, Mental Disorders & Psychotic Disorders (Bipolar, Mood  
Disorders, Mental Illness, Mental Disorders, Narcissist, Histrionic, Borderline Personality) Deep  
Thoughts of Inner Self: What Is Multiple Personality Disorder, How to Tell if You Have Multiple  
Personality Disorder or Dissociative Identity Disorder, Introverts and Extraverts Theories of  
Personality (PSY 235 Theories of Personality) Help! I Am In Love With A Narcissist:  
Narcissistic, Narcissistic Personality Disorder, Sociopath (Manipulation, Personality  
Disorder, Recovery Advice, Breaking Up) Personality-Guided Forensic Psychology  
(Personality-Guided Psychology) Handbook of Cross-Cultural and Multicultural Personality  
Assessment (Personality and Clinical Psychology Series) Narcissism: Easily Disarming Narcissists  
and Understanding Their Selfish Personality Disorder (Psychopath, Narcissistic Personality  
Disorder, Narcissist ... Mood Disorders, Con Men, Sociopath)

[Dmca](#)