



# The Myth of Personality Types: Exposing Pop Psychology's Biggest Scam

*Chance Ableson*

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The Myers-Briggs Type Indicator is the gold standard of personality tests, but just how reliable is it? Can it really tell you anything meaningful about who you are and what you're good at?

Unfortunately, that doesn't seem to be the case, and *The Myth of Personality Types: Exposing Pop Psychology's Biggest Scam* is here to set the record straight with some damning evidence.

In this book, you'll be shocked to learn about:

- \*The sordid history of the Myers-Briggs Test
- \*The empty promises it makes
- \*The scientific and statistical problems it creates
- \*How to understand yourself in a more meaningful, realistic way

The Myers-Briggs test is used by millions of people each year for both professional and personal reasons. With *The Myth of Personality Types: Exposing Pop Psychology's Biggest Scam* you'll find out why this is bad news for all of us.

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