



# THE Real YOU

*Vicki L. Barnes*

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# THE Real YOU

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## THE Real YOU Vicki L. Barnes

Knowing your personality type is a key step in self-discovery and a highly effective tool for making sense of all your relationships. *The Real You* reveals those characteristics of each personality type that make the difference in understanding YOU and the people around you, whether your spouse, family, boss, coworkers, or friends. Building on the proven method in her training program, The People Skills Series tm, for developing, maintaining, and enhancing relationships with others, professional trainer and educator Vicki L. Barnes discloses user-friendly and accessible information about what motivates, what matters, and what makes a difference to you, and to everyone you know--even if they are vastly different from you! With this enriching new awareness, you can learn to speak another person s personality language, communicate more effectively to resolve misunderstandings and conflicts, and enjoy more harmonious relationships.

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