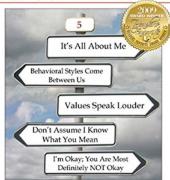
Understanding Other People:

The Five Secrets to Human Behavior

How to stop being frustrated by the actions of others and start taking charge of your own life — and reactions



Beverly D. Flaxington

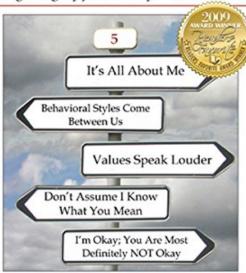
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Original language: EnglishRunning time: 173 minutes

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103 of 108 people found the following review helpful.

Concise Useful Principles High on Content

By Tom D

Understanding Other People is well titled; a useful, earthy and concise book, especially for someone who hasn't been through one of the "Leadership" seminars. I finally settled on four stars for the merits of the book with one star off for the "demerits." Flaxington is succinct and largely descriptive. The use of the term "secrets" in the subtitle is good marketing, everyone wants to know "secrets."

Flaxington's premises are basically that you're going to get along easily with some people, with others it may not be easy but if you understand what's going on you may be able to make it work, and in other cases you either live with the situation or move on, but you're not going to change it. Straightforward enough, and Flaxington's value added are principles, context and the real and rare strength of the book, a clear and honest assessment that you're not going to change other people. The first chapter is a good reminder to check our own perspectives, but unless you're reading this at someone else's suggestion, there's a good probability you're above average in self awareness.

The Chapter "Don't Assume I Know What You Mean" is valuable enough to justify reading the book. The

tools and thoughts from that chapter are universally useful.

The two "demerit" areas, based upon my "filters," are the lack of context for DISC and not addressing personality disorders. The DISC behavior style assessment is one of many communication/personality/behavior/value diagnostics; Myers-Briggs may be the most widely recognized. It would be good to know, briefly, why the author believes DISC is a good choice relative to other alternatives. She does state that it is validated and proven. Flaxington fully discloses she is a franchisee of the DISC system and this comment is not a criticism of DISC. Second, and the reason I took off one star, none of this really applies if you're interacting with someone with a serious psychological problem, a narcissistic bully for example, not just a behavioral style preference. That's a huge topic in itself but it's necessary and worth at least a short chapter in a book titled Understanding Other People, especially since estimates suggest that a significant and increasing portion of the population exhibits serious personality disorder symptoms.

127 of 136 people found the following review helpful.

Is it time for a filter change?

By Monty Rainey

There are plenty of business books available out there to help us better understand the behavior of others. The problem I have found with most of them is that they are written from the perspective of the clinical psycologist, not from the persective of the business leader, rendering them of little or limited value. No so with UNDERSTANDING OTHER PEOPLE: THE FIVE SECRETS OF HUMAN BEHAVIOR, by Beverly Flaxington.

The book begins by examining the many built in filters we use to view the world. Our filters don't necessarily make us right or wrong, they simply determine our viewpoint. One person may be devastated by the death of Michael Jackson. The next person may view it as, "One less pedophile in the world." One person may view Barack Obama as the Messiah, the next person may view him as the anti-Christ. These are just the filters each person sees things with.

Flaxington teaches us that by being aware of our filters, we are more cognizant of the fact that we are not necessarily right or wrong, we're just us. This concept leads us to understanding the principle of "It's all about me." The author cogently explains this simple truth by asking the reader to consider a time when we went out of our way to help someone, supposedly out of our own goodness, only to be offended when the recipient failed to "according to our filters" properly thank us.

The book continues in subsequent chapters to explain how these filters create difficulties in relationships, work environments and every day life with those around us. The concept being, by more clearly understanding why we, and those we interact with, react the way we do, we will begin to find ways to work towards what Dr. Stephen Covey calls, "Win-win, or no deal" and "seek first to understand, then to be understood."

I will stop here as I don't wish to give away additional content. The book is a quick, easy read. It is very well written and you will find lessons with immediate applicability.

56 of 63 people found the following review helpful.

Everyone should read and own this book

By L. Tierney

This fabulous, concise, wisdom rich book is helping me to better understand myself in addition to others. The 5 secrets to understanding human behavior are revealed in a way that is easy to understand and incorporate into one's daily personal and professional life. I find these tools more natural to use than the other tools I am familiar with, including but not limited to Myers-Briggs, and Enneagram.

Using the Disc behavioral and core value tools, I have a clearer insight into human nature. `Don't assume I know what you mean' is one of the good personal reminders to place more context around my messages.

I intend to keep this book close to me until the 5 secrets have become a natural way of life for me, meanwhile I will pick up a few more copies for my friends. You should too!

See all 103 customer reviews...

Based on some experiences of many people, it is in reality that reading this **Understanding Other People:**The Five Secrets To Human Behavior By Beverly D. Flaxington could help them making better selection as well as provide more encounter. If you intend to be one of them, let's purchase this book Understanding Other People: The Five Secrets To Human Behavior By Beverly D. Flaxington by downloading and install the book on link download in this website. You could get the soft data of this book Understanding Other People: The Five Secrets To Human Behavior By Beverly D. Flaxington to download and install and also put aside in your available digital gadgets. What are you waiting for? Let get this book Understanding Other People: The Five Secrets To Human Behavior By Beverly D. Flaxington online and also read them in any time and any type of place you will certainly review. It will not encumber you to bring heavy publication Understanding Other People: The Five Secrets To Human Behavior By Beverly D. Flaxington within your bag.

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