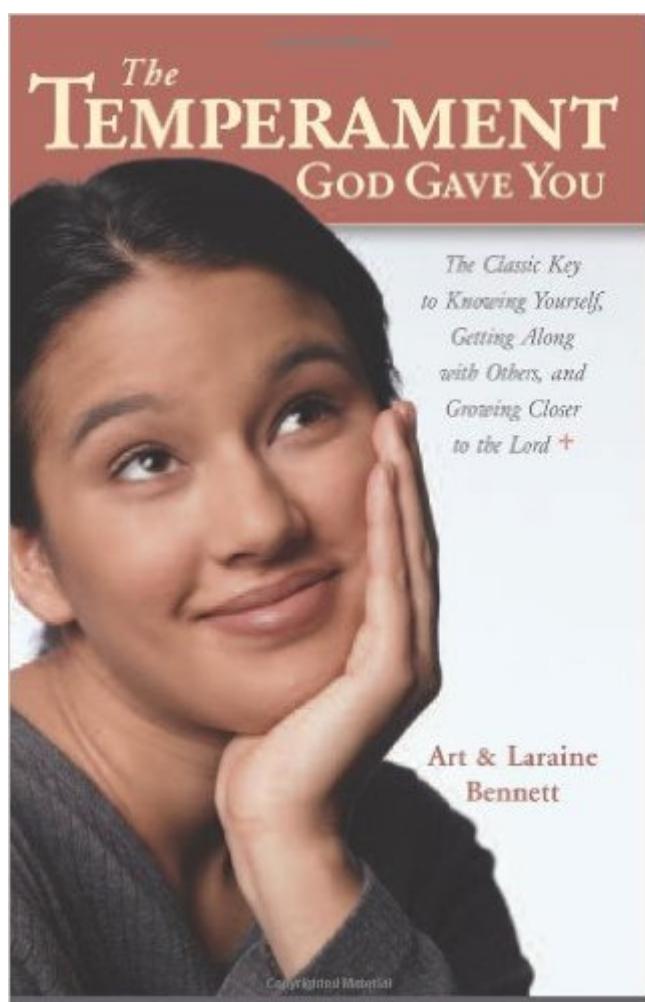


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# The Temperament God Gave You: The Classic Key To Knowing Yourself, Getting Along With Others, And Growing Closer To The Lord



## Synopsis

Unlock the secret of your personality and learn how to be a better spouse, parent, friend, & Christian! All of us are born with distinct personality traits. Some of us live for crowds and parties; others seek solitude and time for quiet reflection. Some of us are naturally pushy, while others are content just to get along. We don't pick and choose these traits; they're just part of the way we're made. For in the womb God doesn't merely mold our body; He also gives us the temperament that, all our days, colors our understanding, guides our choices, and serves as the foundation of our moral and spiritual life. Ancient philosophers identified four basic temperaments, and over the centuries, countless wise souls have used these four to understand human nature. Now comes *The Temperament God Gave You*, the first Catholic book on the subject in 70 years. Here veteran Catholic counselor Art Bennett and his wife Laraine provide an accessible synthesis of classical wisdom, modern counseling science, and Catholic spirituality: a rich understanding of the temperaments and what they mean for you and for your family. Drawing on decades of study, prayer, and practical experience, Art and Laraine show you how to identify your own temperament and use it to become what God is calling you to be: a loving spouse, an effective parent, and a good friend. Best of all, they give you a Catholic understanding of the four temperaments that will bring you closer to God and help you discover the path to holiness that's right for you. Peace. Happiness. Holiness. You'll find yourself growing in each of these qualities as you come to understand--and learn to use as you should--the temperament God gave you.

## Book Information

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## Customer Reviews

I was on retreat in solitude for about 10 days. As I normally do, I brought what I considered "light stuff," which maybe I could read at night, after dinner, when I was winding down for the day. I would usually put a limit on this period of reading. I have found it very good to break up the day. Many times, things seem to dovetail at that hour and I receive additional benefit from it. I brought this book with me, and though it did for me what I am usually looking for, I could not put it down. I could have stayed up and finished it that first night, and had to muster up some discipline to spread the reading out across the following days. I found this fascinating! I have studied the four temperaments before. Many of us have, or have been familiar with them, and may not know it. The study of these dates back to Hippocrates (460-370 BC)--yes, ancient Greek physician who gave us the Oath--who believed we could trace some of our human moods, emotions and behaviors to certain four body fluids (labeled as "humors"). These were blood, yellow bile, black bile, and phlegm. Hippocrates developed this into a medical theory. For close to 2,000 years they have gone by the names sanguine, melancholic, choleric, and phlegmatic, respectively. This all still has meaning today. That's what this book is all about! And, it is, by far, the best I've read on the subject. It is informative, easy to understand; but, most of all, Art and Laraine Bennett have gone overboard in making it enjoyable! Believe me, the knowledge you find here about the four temperaments can make an incredible difference in your personal life, your marriage, family life and all of your relationships.

This book is hard to place because although it has an understandable progression it seems to be slightly disjointed throughout. Starting strongly, the book clearly describes its aim to describe the four temperaments (temperament being the sum of our natural preferences) in light of Catholic friendly psychological and spiritual terms. In fact, the book executes its aim quite well insofar as giving the reader what it promises in the early pages. After the book sets up the idea of temperament as a concept, it flows into the descriptions of the four temperaments (Choleric, Melancholic, Sanguine, and Phlegmatic) and how to identify them in you. Then the book makes a foray into understanding spousal temperaments (of which there is another volume of this type of book offered by SIP), temperament combinations in marriage, understanding temperaments in offspring, and child/parent temperament combinations. After those things are discussed the book concludes with issues of motivating people of various temperaments, and alas how temperament affects spiritual life. Art and Laraine Bennett, the authors of this book, pack a lot of information into the volume to the extent where the information given seems like it is underdeveloped at times, or at worst too anecdotal. There are many places within the book where there would be benefit in expanding the information into a new volume. As mentioned above, this has already occurred with the newer book

from Art and Laraine Bennett entitled The Temperament God Gave Your Spouse. Nevertheless, they could probably expand many of the sections into focused volumes. But what does that make of this book? The Temperament God Gave You should be best understood as a guidebook--not just something that you read once and put down.

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