



The INFJ Handbook: A guide to and for the rarest Myers-Briggs personality type

Marissa Baker

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They're the rarest Myers-Briggs personality type, but what is it that makes INFJs unique? Who are they? How do their minds work? What do they think of themselves? What do other people think of them?

If you know an INFJ, are an INFJ, or think you might be an INFJ, there's something in this book for you. Inside, you'll find:

Quick introduction to Myers-Briggs type theory
Thorough description of the INFJ personality type
Discussions of INFJ strengths and weakness
Tips for personal growth
List of things INFJs want other people to know
Special section on how other types view INFJs

All throughout, you'll read quotes from five different INFJs who contributed their real-life stories of self-discovery and life as the rarest Myers-Briggs type.

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Details

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From Reader Review The INFJ Handbook: A guide to and for the rarest Myers-Briggs personality type for online ebook

Ciara says

I always enjoy reading another INFJ's perspective on our personality type. Most of us have felt very alone or out of place in the world, so it's always a joy to read something and go "they get me!" The downside is this book wasn't written by a psychologist or anyone in the field of personality research, so it's more of an autobiography of what it's like to have the INFJ personality. Which is fine, but you can read INFJ blogs for free all over the place. I was hoping for something a little more scientific, perhaps with new research or advice. Especially since the book claims to be a guide. That being said, it's still a nice read. The book is fairly short, most people could read it in an hour or less. There are some typos/grammar issues (I believe this was self published) but not enough to make me put the book down or throw it across the room after a few pages.

Amber says

As an INFJ, I always appreciate reading something like this as I relate to so much written here. I did expect a little more on coping with some difficult aspects of this personality type though. Otherwise, it was good!

ReBecca says

I enjoyed this author's insight into my personality type. She helped me see myself in a more positive personal growth light.

diana says

Hits close

Great read. Nice to know there are people with similar personality traits. True INFJ characteristics. I would recommend reading this book to learn more about INFJ personalities.

Bridgett says

True for me

I really related to nearly everything here, as a fellow INFJ. I am just a terrible cook because I don't use my Sensing for that purpose. Everyone will find different ways to express their functions, though. This book is easy to read without being superficial. Very practical but also a fun read for people of all ages into Myers-Briggs.

Adam says

I bought this short ebook to get an insight into the Myers Briggs INFJ personality type after being introduced to Myers Briggs typing at a training course. The book describes in quite accurate detail about how we think, how we act, and how we're viewed by others. It identifies strengths and weaknesses with guidance on how to achieve self-improvement. Worth a read.

Dan Fulghum says

Insightful and Constructive Read

Ms. Baker really opened-up in her book. I am sure it was uncomfortable at times, but it offered me insight rarely attained. I am a senior citizen that always felt ill-at-ease and out of place. After reading this book, I realize I am not so unique and have been given extensive food for thought. I would recommend this book and only wish I had it in my possession 45 years ago.

Robert says

Plenty of truth

There is plenty of truth in the book and it is an interesting read. But there is also singe BS in there such as the quotes from the authors brother, lots of spelling mistakes.

Miss Roberts says

Pretty interesting

Enjoyed this book - had good detail on the various components of an INFJ personality type and what improvement one can do to feel more confident with it.

Azhari Tay says

For an INFJ, this book adds on to what you may already have read on the Internet. Shallow points brought on up the Internet are discussed more elaborately and in greater detail. I find that the additional experiences provided by other INFJs and the writer herself make contents more relatable and concrete. A segment of how an INFJ is viewed when interacting along with how we can mould our actions; if unaware, can potentially put us in an unfavourable position. I would recommend this book to anyone who is interested in this particular subject especially since it is a short read.

Najwa says

I first came in for the INFJ handbook by Marissa Baker after doing the Myers-Briggs personality test and astonishingly finding out how accurate the INFJ description was in regards to my all aspects of my personality.

In fact, I don't recall doing any personality test in the past that is as accurate as the Myers Briggs although, there's a slight possibility that I am not an INFJ as Marissa Baker said in one of the paragraphs that the test might not have the same accuracy as the MBTI.

Nevertheless, knowing that this personality typology is one of the rarest in addition to their uniqueness made me more appreciative being one of them.

The book helped me a lot in understanding the four Jungian cognitive functions of the brain and how different combinations come out with different personality typologies.

Above all, it added a lot to my knowledge about the INFJ which is the purpose of the book in the first place. I also became more interested in this personality types field and will most certainly look for other books which elaborate more about it.

I would certainly recommend this book for anyone. The ones in particular are those who're willing to take a journey in personal growth and improved investments in life.

S. says

This is very enlightening. Among other things, it's helped me better understand how toxic people pathologize me; they do so because I'm an INFJ and they're not. That said, the book is very insightful and encouraging if you're an INFJ and have always felt like an outcast.

Helen White says

If you have just found out you are an INFJ personality type via the Myers-Briggs system, you are very likely to want to know more about this. Particularly if you are of this type, you will likely find yourself on an eager fact-finding mission on the internet and via whatever books you can get hold of just as soon as you learn this. Firstly, because you have just discovered you are SUCH a rarity (as you always suspected...but it's as though you had been waiting for someone to confirm this forever so that you know you are not imagining this about yourself) at approx 1.5% of the population, thus anyone who can help shed insight and make you feel like you are not quite so alone after all will be a godsend. Secondly, because it is written into "your type" to want to go deep and find out more about the kinds of personality traits that make us who we are and determine the very-particular way that we experience the world; after all, such topics are of particular interest to us.

So, there are a few books on the INFJ type out there and I downloaded three for starters. This was one of the best for the fact it added to what I could have already have told you about myself; and did so in an informal, real and concise way, with personal examples as deemed useful without going into details that were too autobiographical. I came away feeling clearer than I was to start with and as though I had gained from the insight of someone who has clearly delved into this topic for longer than I have and so she is equipped to guide the way; what more could I ask. I came away liking and appreciating "my type" and all its foibles, as well as better equipped to mitigate some of its pitfalls and go gentler on myself. I am left wondering how I

managed to navigate the world at all before realising I am an INFJ since to not know this is to feel as though you are an alien from another planet for most of your life. Well, if members of my space crew are like Marissa Baker, I think I can cope...and this deep dive into the subject matter has helped me to take steps to find others like me and connect in ways that often elude us since we feel so "odd person out". All very positive stuff and so I recommend this as one of your first downloads on the topic if you are newly reading into it, as I was.

Kalla burke says

This book made me feel like I wasn't alone for the first time maybe ever.

This book gave me a better understand of myself in relation to the rest of the world. Life changing and invaluable.

D Lynn says

Vital info for INFJs and people who love them

This book was very affirming for me. I now understand that my traits are okay and I am not alone.
