



The Temperament God Gave You: The Classic Key to Knowing Yourself, Getting Along with Others, and Growing Closer to the Lord

By Art Bennett, Laraine Bennett

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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.

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Editorial Review

From the Inside Flap

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About the Author

Art Bennett is a licensed marriage and family therapist with twenty years' experience in the field. He currently serves as president of Catholic Charities in the Diocese of Arlington, and he writes a monthly column for the *National Catholic Register*. Art's wife, Laraine, is a freelance writer whose articles appear in Catholic journals.

Users Review

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