Personality and Mental Health, by J. Bowlby

a. Quotes:
   - .
b. General Notes:
   - Chapter 1 - Introduction (pg. 1)
     - "Before going farther it may be as well to be clear what we mean by personality. The term is commonly used to describe what a person is like, how he feels, thinks and behaves in the circumstances of life, in much the same way as the term " shape " is used to describe the spatial qualities of an object. Personal characteristics are those which tell us whether a person is easy to get on with or is angular and difficult, whether he is conventional or eccentric, apathetic or ambitious. Personality is the sum of all these qualities, a synthesis of various and often contradictory trends, the unity of which these trends are but partial expressions." (pg. 2)
     - "In this essay, what may conveniently be termed the "gradation theory" will be assumed throughout. No attempt will be made to discover hard and fast lines dividing healthy personalities which we meet with daily in our ordinary lives, personalities stricken with neurotic symptoms and those people whose personalities have been completely deranged, either temporarily or permanently, by psychotic changes, because it is believed that no lines exist. All such conditions will be regarded as the result of individual variations in man's personal qualities in the same way as most cases of mental deficiency and cases of genius can be regarded, not as anything specific, but simply as the upper and lower limits of the normal distribution of intelligence. Healthy personality is simply one manifestation of personality, the neuroses and functional psychoses being others." (pg. 6)
   - Chapter 2 - Personality Types and the Psychoses (pg. 13)
     - See text
   - Chapter 3 - Methods for Measuring and Describing Personality (pg. 27)
     - See text
   - Chapter 4 - Some Traits Distinctive of Schizoid Personality (pg. 44)
     - See text
   - Chapter 5 - Types of Syntonic Personality (pg. 69)
     - See text
   - ******Didn't finish book. Not very helpful******
c. Further Readings:
   - .