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HEALTH & WELLNESS



Straight Talk with Sandra Reich
Archives Available
August 2nd 2018: Type A or Type B?
Understanding Personality

Maybe you've heard of the notion of the type A vs type B personalities. This is the theory that our personalities can be largely broken down into two categories. The type A personality traits usually lend to someone who is very tightly strung, perhaps very competitive and maybe with an obsessive compulsive tendency. Meanwhile, the type B personality traits usually has someone who is a little more withdrawn and laid back, a little more creative and reflective and generally more relaxed. But does the theory really hold water? Is it helpful or harmful for us to make these distinctions? Listen

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Featured Guest



Melissa Hindley

Melissa Hindley is a Registered Clinical Counsellor (c.o) with the l'ordre des conseillers et conseillères d'orientation du Quebec and The Canadian Counselling and Psychotherapy Association.

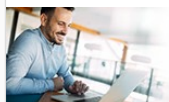
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