

BOOK REVIEW

Karen B. Rosenbaum,¹ M.D.

Review of: *Personality Traits, 3rd ed.*

REFERENCE: Matthews G, Deary IJ, Whiteman MC. *Personality traits, 3rd ed.* Cambridge, UK: Cambridge University Press, 2009, 568 pp.

The authors have expanded their already comprehensive text on personality traits in their third edition by incorporating the latest research in personality from behavioral genetics, neuroscience, social psychology, and cognitive science. The authors organize the historical background and current research in personality traits in a clear, concise way that keeps the reader involved and interested. The book examines personality traits from a multicultural perspective and gives a detailed, comprehensive, and objective overview of many different theories of personality. The authors incorporate research from across the globe and assess personality traits across cultures.

The book is helpful for researchers and clinicians alike in understanding the complicated relationships between personality

traits and behavior. Chapter 9 on Stress and Chapter 10 on Traits and Health will provide physicians and other clinicians with a better understanding of the association between personality and health and the complex interrelationship between personality, environment, genetics, and disease states. The book also incorporates psychodynamic theories and examines theories of abnormal personality traits. Finally, the authors present various practical, clinical, ethical, and legal applications of personality assessment.

This text is useful for undergraduate and graduate psychology students, researchers, and forensic psychologists and psychiatrists. It also has applications for other health professionals interested in a better understanding of personality traits in their patients.

¹Clinical and Forensic Psychiatrist, Private Practice, 262 Central Park West at 87th Street, New York, NY 10024; and Adjunct Assistant Professor, New York University Medical Center, 550 First Avenue, New York, NY 10016.