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The Five Elements: Understand Yourself and Enhance Your Relationships with the Wisdom of the World's Oldest Personality Type System

Dondi Dahlin

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The Five Elements **brings the wisdom of an ancient healing system to the modern reader.**

Many people today are interested in knowing themselves better, as evidenced by the popularity of personality tests online and in magazines. They want to know the reason behind their responses to situations. In this book, Dondi Dahlin shows us that we are all born with individual rhythms that go beyond the influence of our genes and upbringing.

The five elements originated in ancient Chinese medicine over 2,000 years ago--when scholars theorized that the universe is composed of five forces: water, wood, fire, earth, and metal. Understanding these elements helps us stay in balance physically, mentally, spiritually, and emotionally. By explaining the efficacy of wood, the depth of water, the joy of fire, the compassion of earth, and the wisdom of metal, this book helps people understand themselves and form lasting connections to others, answering the age-old question of why we do what we do.

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