



# The Three Forces & You: The Most Fundamental Personality Typology

*Fariba Rofougaran PhD*

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## **The Three Forces & You: The Most Fundamental Personality Typology** Fariba Rofougaran PhD

The Three Forces & You: The Most Fundamental Personality Typology presents three fundamental personality types and the three stages of their development in a system called the 3F personality typology. This typology is unraveled like a treasure out of the literature left by Persian mystics; and is supported by traditions such as Tantra Yoga and Hinduism, and by Western theories. The 3F personality typology is simple, deep, and extensively practical. Besides the fact that it is easy to understand, to remember, and to put into practice, what makes it different from other existing typologies is that it makes you aware of your values, priorities, life challenges, and life purpose; and gives you clarity on the stage you are in when dealing with a particular issue in your life. If you choose to take your personality traits into the next levels of its potential, the 3F typology can assist you as a tool for personal growth. From Self-knowledge devotees to those seeking relationship advice, vocational counseling, or even managerial insights, everyone can be greatly assisted by the 3F typology's timeless applications.

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