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Some more recent writers have tried to get away from Lowen's pathology-based terms by renaming the patterns for their associated talents and skills, giving them names such as "Creative," "Lover," "Communicator," "Inspirer," "Charismatic Leader," "Industrious," and "Achiever."

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These five personality dimensions are Neuroticism, Extraversion, Openness to Experience (Openness), Agreeableness and Conscientiousness and they collectively constitute the Five-Factor Model (FFM) of personality structure (McCrae, 2009). This book discusses recent developments and clinical applications of the FFM.

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