



Better Than Normal: How What Makes You Different Can Make You Exceptional

Dale Md Archer

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A New York Times Bestseller

A groundbreaking new view of human psychology that shows how eight key traits of human behavior—long perceived as liabilities—can be important hidden strengths.

What if the inattentiveness that makes school or work a challenge holds the secret to your future as an entrepreneur? What if the shyness in groups that you hate is the source of deep compassion for others? What if the anxiety and nervousness you often feel can actually help energize you? What if the mood swings you sometimes experience can be the source of tremendous creativity?

Renowned psychiatrist and popular on-air personality Dr. Dale Archer believes that labels for behavior like “ADHD,” “bipolar,” and “OCD” are normal human qualities—and contends that we all experience these and other psychological traits to some extent, yet fail to leverage the significant advantages they can offer. Worse, we stigmatize one another for these prevalent, widely shared aspects of our personalities.

In *Better Than Normal*, Dr. Archer offers an empowering framework for redefining what constitutes mental health. Drawing on his twenty years of clinical experience, he describes eight traits of human behavior—heretofore known only as psychiatric diagnoses. Each of these occurs along a continuum rather than as a simple on-off switch (where “off” means we’re fine, and “on” means we’ve got a problem). These are the aspects of our personality that we worry about the most, but these are also the very things that make us distinctive and different.

According to Dr. Archer, each of us has a unique personality that emerges from our hardwired genetics and individual life experiences. With *Better Than Normal*, you can map your individual characteristics by taking the eight trait self-assessment quiz and see how what makes you different can indeed make you exceptional. Filled with engaging anecdotes and practical tools to help you capitalize on your unique characteristics, *Better Than Normal* offers a new and liberating way to look at ourselves and others.

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