

Color Me Interesting

Discover Your Brain Hue And Improve Your Relationships, Too

BY KARSEN PRICE

Maybe you've heard that others can tell a lot about you by what's hidden in your purse. Maybe your personality is revealed by what kind of car you drive. Or by what kind of dog you have. Or by whether you hang the toilet paper so the sheets come from the top of the roll or the bottom of the roll. According to author Sheila Glazov, your personality and the way you connect with those around you just might be determined by the color of your brain!

OK, so maybe Glazov doesn't mean your gray matter is *literally* anything other than gray. But in her book, *What Color Is Your Brain?*, she says the brain can be characterized by one of four distinct colors — and that each color gives an accurate description of who you are and how you relate to others. The book includes an easy quiz, based on the popular Myers-Briggs Type Indicator assessment tool, to help you determine your brain color and decipher what that says about your daily interactions.

Once you are officially color coded, charts and chapters spell out, in a fun manner, how the four very different "brains" affect each other in personal and work relationships. "The awareness of your brain color combinations will help you avoid conflicts and create more

harmony in your life with yourself and others," Glazov says.

A Brain Of A Different Color

For a quick brain-color tutorial, check out the following breakdown (and see what colors are inside the heads of the TCW staff).

Mellow Yellow

The yellow brain reflects appreciation for traditions and stability, and a strong sense of right and wrong. Yellow-brains need to be right; rules are the foundation of their lives. They are left-brain critical thinkers, and often see themselves as dependable, punctual, and respectful.

As children, they were model students. As adults, they are organized, committed, practical, and serious. Others often see them as predictable, inflexible, and controlling.



What stresses a yellow-brain is dealing with disorganization. Career choices include CEO, educator, banker, and administrator. Their workspace is clear of clutter; in fact, looks so neat it appears that no one works there. Home is equally organized.

The color yellow, which represents power and wisdom, is generally viewed as one that boosts alertness and is mentally stimulating.

TCW publisher Belva Greenage and senior graphic designer Carrie Boyd are yellow-brains.

Out Of The Blue

The blue brain signals insightfulness and connection. Blue-brains are affectionate, nurturing, and flexible. They value trustworthiness and empathy; harmony and hugs are priorities. They see themselves as helpful, creative, and communicative.

As children, they were cooperative and imaginative. They may be seen as overly emotional, talkative, and naive. What stresses a blue-brain is lack of cooperation.

Career choices include artist, social worker, child care provider, and working with animals. Their workspace looks like a family room, accessorized with comfortable furnishings, flowers, memorabilia, and family photos. Home feels welcoming and has a lived-in quality.

The color blue has been historically tied to peacefulness, and to Venus, the goddess of love.

TCW editor Michelle Young Hubacher, art director Anita O'Hara, assistant editor Karsen Price, and sales director Fern Howerin are blue-brains.

Going Green

The green brain indicates growth, tranquility, and freshness. Green-brains are proficient problem solvers and readers, and are typically good with computers.

They have a hard time communicating their feelings and need to pause and contemplate before they speak; they never want to look or feel stupid. They see themselves as logical, intelligent, and composed.

As children, they were curious and mentally focused. As adults, they are sensitive, but uneasy with emotions.

They are often seen as — and often are — nonconformists and visionaries. What stresses a green-brain is coping with incompetence.

Career choices include accountant, computer professional, medical researcher, engineer, and lawyer. Their workspace features desks large enough to keep projects within reaching distance, with the latest technology, and collections of books on the shelves. Home is also technology-filled.

TCW Web designer Cliff McNamara is a green-brain.

Orange You Lucky!

The orange brain represents the adventure

seeker. Orange-brains are enthusiastic and courageous. They are good negotiators and troubleshooters, and they value adventure and resourcefulness. Priorities include freedom and having fun.

They see themselves as dynamic, generous, and spontaneous.

As children, they were entertaining and impulsive. They may be seen by others as disorganized, resistant, and irresponsible. What stresses an orange-brain is someone else's rules and directions.

Career choices include emergency room physician or nurse, law enforcement officer, sports professional, and sales professional. Their workspace is typically disordered, with whatever will do for a desk, because orange-brains don't spend much time there. Home is cluttered, often with photos of their adventures on the walls.

The color orange signifies energy, happiness, and love, and is reported to boost the appetite.

TCW sales executive Barbara Herd is an orange-brain. Business manager Nikki Wilson is tied between blue and orange. **TCW**

For more information on how different brains interact, visit our Web site at www.todayscharlotte.com!

To Learn More

What Color Is Your Brain?: A Fun and Fascinating Approach to Understanding Yourself and Others, by Sheila N. Glazov, is available at area bookstores and online, or visit www.whatcolorisyourbrain.com. Ten percent of the royalties from the sale of *What Color Is Your Brain?* is allocated to the Juvenile Diabetes Research Foundation.



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