

# Book REVIEW

## What Color is Your Brain?™

A fun and fascinating approach to understanding yourself and others.

Glazov, S.N. (2008). Thorofare, NJ: SLACK Incorporated.

ISBN: 978-1-55642-807-4; [www.whatcolorisyourbrain.com](http://www.whatcolorisyourbrain.com)

Sheila N. Glazov, in her book entitled *What Color is Your Brain?* (WCIYB), guides you through the fascinating experience of determining your brain color. She defines brain color as facets of your personality as well as strengths in relating to others. Utilizing a "color-filled" appreciation of self and others, she instructs you how to recognize the "harmonious and hazardous" individuals in your life. Additionally, Glazov offers practical suggestions to better understand others' unique abilities as well as the dynamics of interpersonal relationships.

To determine the color of your brain, Glazov asks a series of questions. For example: Are your brain and your body constantly on the move? Are you fluid with your thoughts and actions? Then you are probably represented by the asymmetry of the frontal lobe of your brain and are a fun-loving, excitement-oriented, and spontaneity-filled orange brainer.

Do you prefer rules and structure, and do you possess an "I like to be in control" attitude? Are you a leader? Then you are most likely a stability-loving, respectful, bilateral temporal lobe yellow brainer.

Are you someone who appreciates personal insights and the meaningful experiences of connecting with others? Do you rely on the intuition associated with your right brain? If so, then you are probably represented by your occipital lobe thus making you a blue brainer.

But then again, maybe a proficient, problem-solving

approach to life and possessing an inde-

pendent nature is most comfortable for you. Do you love to read? Are you adept with the use of computers? In this case, represented by the parietal lobe at the top of the brain, you may be a green brainer.

Additionally, these four brain colors work together in various ways while producing harmony as well as degrees of imbalance. Glazov offers various self-assessments and problem solving tactics while encouraging harmony with color analogies such as with prisms, rainbows and exquisite gemstones.

As the creator of the *What Color is Your Brain?*™ (WCIYB) Workshops and the author of the children's book, *Princess Shayna's Invisible Visible Gift*, Ms. Glazov extends the work of Isabel Briggs Myers and Katharine Cook Briggs, creators of the Myers-Briggs Type Indicator (MBTI®). The MBTI® is based upon Carl Gustav Jung's four personality functions and is designed to assess one's use of Sensing, Thinking, Intuiting, and Feeling. In developing her introduction for strategic planning and creative problem solving workshops, Ms. Glazov created WCIYB from both the foundation of the self-reporting assessment tool of the MBTI® and the personality functions from Jung's work.

Ms. Glazov utilizes her experiences as an educator, author, and professional speaker on the subjects of personality types, creativity, and self-esteem to devel-

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op this user-friendly, conflict resolution-focused method of personality identification. She simplifies the experience of determining one's own personality style by connecting to a color.

Whatever your brain color, Ms. Glazov accentuates the positive along with a presentation of the numerous challenges inherent in humans living and working together. Utilizing a "color-filled" appreciation of self and others, she instructs you how to recognize and understand the "harmonious and hazardous" individuals in your life. She cautions that *WCYB* is an explanation rather than an excuse for inappropriate behavior.

Of particular note is an interview with Ms. Glazov that is presented at the conclusion of the book. She relates some of her experiences in working with children and emphasizes the importance of the "new '3 Rs': responsibility, relationship, and respect" (p. 154). Further, she focuses on the advantages of "understand[ing] one another's Brain Colors and [the significance of] know[ing] how to speak BCSL — Brain Color as a Second Language (p. 155).

As a distinct demonstration of her caring spirit, Ms. Glazov pledges 10% of the royalties from the sale of *WCYB* to the Juvenile Diabetes Research Foundation. She expresses her desire to help her son Joshua, honor her father's memory, and recognize other adults, children, and their families who deal with the challenges of diabetes.

So, whether you are on a mission to determine your personal or professional Brain Color, Sheila Glazov's stellar *WCYB* can help you paint your brain picture. I highly recommend this book as an enlightening, fun-filled guide to learning more about yourself and others.

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