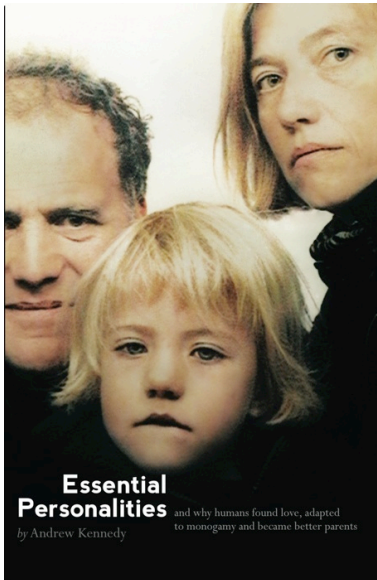




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Essential Personalities,
*and why humans found love, adapted to monogamy
and became better parents*

by Andrew Kennedy

'The first synthesis of evolutionary psychology and astrology'

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Background

It is generally considered that astrology is bunkum. No evidence that traditional astrologers can do better than chance exists, and no firm connections between material success or career and astrological sign have ever been found.

So, what would an astrology that was scientifically verifiable look like? What form would it take?

Now we know. In Kennedy's highly original arguments, we find the evolutionary origins of the human personality system tuned to the seasons.

In *Essential Personalities*, Kennedy considers that while the formulas of astrological systems try to describe unique individuals, it is what humans share that is the key to the progress of individual lives. He argues his case for systematic human personality types using Darwinian evolution, deriving the 64 **entirely new** essential human personalities that he believes are distinguishable from simple basics, and explains how we can now better understand ourselves and the relationships we form with our lovers, friends, rivals and allies in life.

Based on 25 years of relationship consultations, he

has turned his original criticisms of traditional astrology into an alternative view of the role of the parental bond in human survival and on why the most important relationships in our lives so often fail.

What's original about the book?

The stimulus for the book is the curious fact that a method, keyed by the solar year, and designed in haste to criticise a Jungian psychologist and to ridicule traditional astrological techniques turned out to be good evidence for the existence of a personality system in the human brain.

How could that happen? How could a set of fairly arbitrary axioms about the way the human mind is connected to the seasons turn out to have such meaning to individuals all over the planet?

This book describes the search for a solution to this mystery in an entertaining and insightful way, demolishing many of our assumptions about the differences between the sexes on the way.

So, do genetic traits uniquely determine how humans mate?

In conversation with a psychologist, the author begins by talking about the people he knows and ponders why we seem to have such difficulty making lasting relationships. The two argue about

individuality and the use of astrology as a language system. The discussion ranges over the realities of various sex-based strategies for mating, considers the research into chronobiology and evolutionary psychology, deriving ideas like latitude stress, and the Landscape of social reality in which we live out our lives.

He concludes that the human personality is the result of an important adaptation that may have arisen within the last 80,000 years to give humans a sufficiently increased survival rate to allow them to escape the perils of incest and the continual threat of extinction in the various niches that they occupied.

Contrary to the modern synthesis that considers the development of the human personality as arising from competition between groups, the author believes that these key personality changes superseded such competition and allowed humans to see strangers outside their kin as attractive, enabling them to incorporate isolated human groups into larger units and making urban civilisation possible.

The monogamous mating bond was born out of these changes proving more successful than even parenting by the extended family as suggested by Hardy. The key point being that more *equals* could mate and thus more offspring survived to mate.

So what does this mean for us here and now?

The years pass and conversing with the woman who is to become his wife, the author re-visits his ideas and enlarges upon his first vision, establishing the idea of the human Landscape as a reference point for the human types.

They follow topics like urban myths, US astronaut selection, the US presidents, the Velikowsky affair, the invention of the airplane, groupthink. They ponder the significance of oxytocin, the Spanish *movida*, the ideas of Kropotkin and E.O.Wilson, one's likely best partner and more.

They discuss human sexuality and the author's proposal that we should think of sexuality as a continuum, pondering the origins of love, the best method for dating, and what a good mating relationship might be like and how to find it.

Kennedy introduces his idea of delayed parental altruism and explains how grandchildren and long life are connected.

Kennedy believes his ideas have important repercussions not simply for the happiness of individuals but the health of nations. 'Gaining a

correct view of the people with whom we come in contact ends up being a political force, and forming a life-long loving partnership is a political act,' he says.

He goes on to speculate that observations that appear to show prosperity braking birth rates is a temporary effect and that, as societies liberalise themselves from social rigidity and constraints to movement and mixing, birth rates will begin to rise again and younger parents will become the norm.

The author extends his thinking to speculate on the likely mental health of future artificial consciousness and on how it may affect the evolution of humanity's own personality.

At the end of the book the author presents the 64 discernible human types and how to find them, making the book a practical guidebook to ourselves and those with whom we have contact.

***Essential Personalities* is a personal and original view of humankind, written in the form of a conversation where the author uses the second voice to help draw out illustrations from a wide variety of circumstances**

By uniting themes of evolutionary psychology, chronobiology, and four innate core drives in the human psyche, the author has produced a novel and pertinent method of understanding your likely best partners in life.

At 398 pages, the book is divided into 245 pages of discussion, 131 pages of personalities, and 188 detailed endnotes and document references.

The author includes a few drawings, diagrams and tables but the text is free of jargon and written in a natural language for the adult reader familiar with some general science terms like 'evolution' and 'altruism'.

About the author



Andrew Kennedy was born and educated in England, gaining a B.Sc. at Edinburgh University. He is married with a daughter and shares his time between a farm in the Pyrenees and Andalusia. He has worked in a variety of occupations and has travelled

widely. He devised the personality theory he calls the TO8 in the 1980s. He holds a patent in a switching device, created the Taoism-inspired 3-D board

game, *The Game of Rat and Dragon* and has published two books about Taoism, *The Jade Suit*, an epic poem about Chinese history, and *Briefing Leaders*, which contained new translations of two Chinese classics, *I Ching*, in which he analyses how the probabilities of the oracle affect its meanings, and *Tao Tê Ching* in which he incorporates the

philosophy into a fictional account of Lao Tze's last days. He studied Traditional Chinese Medicine and graduated from the European School of Shiatsu as a practitioner. He maintains a shiatsu practice in Spain while he continues to consult on relationships problems. He writes regularly about science, complementary medicine and the human psyche.

**The author's tweets can be found here <http://twitter.com/ankenn/>
and his blog address is <http://ankank.blogspot.com/>**