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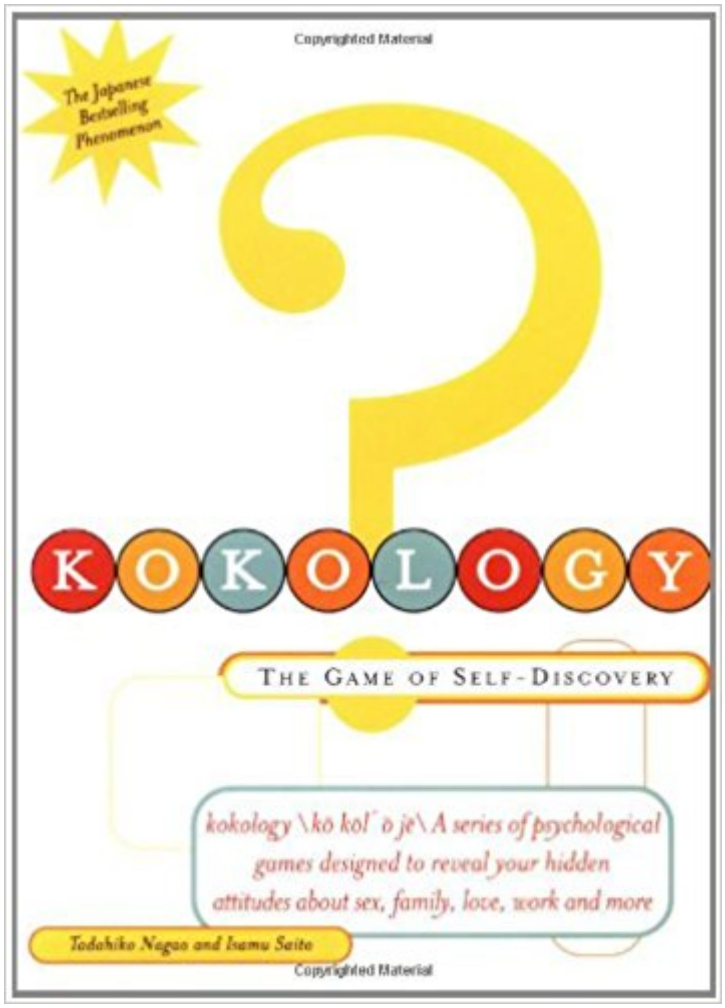
Kokology: The Game Of Self-Discovery



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Synopsis

The bestselling Japanese phenomenon, >is the addictive and fun pop-quiz game that uses proven psychological principles to reveal your hidden attitudes about sex, family, love, work, and more.Introducing Kokologyâ ”the fascinating, addictive pop-psych quiz game that reveals the surprising real you. Created by a famous Japanese psychologist, kokology is the study of kokoro (â œmindâ • or â œspiritâ • in Japanese). Based on sound psychological principles, Kokology asks you to answer questions about seemingly innocent topicsâ ”such as the color of an imaginary bird that has flown in your windowâ ”and then reveals what your answers say about you. Kokology offers a unique approach to self-discovery and, when played with others, can provide hilarious insight into the you that they never knew.

Book Information

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Customer Reviews

Bored with the old board games that are gathering dust in your closet? Grab a copy of Kokology (koh-KOL-oh-jee; from the Japanese kokoro, meaning "mind" or "spirit"), a book that contains 55 psychological questions that aim to delve into your subconscious, revealing how you truly feel about work, love, family, sex, and much more. Created by Japanese psychologist Isamu Saito, Kokology puts a spin on traditional psychological tests by transforming them into a series of entertaining and approachable quizzes. Innocuous questions make Kokology a perfect conversation starter. Find out how magazine reading corresponds with the way a check book is managed; learn what bringing an address book, hairspray, lucky charm, or gum to work may say about a personality trait; or discover

your true feelings about sex by answering a few simple questions about an ideal amusement park ride. Kokology's creators have produced questions that will help you gain insight into yourself, but they add that Kokology is just a game and it's OK if you disagree with the results. However, the minds behind this game also believe that you'll find "more often than not you're surprised at how accurately the answers reflect people's true personalities, including your own." Play Kokology at a dinner party, bring it on a road trip, or tote it along on your next date to begin unveiling new and exciting things about yourself and others. --Jenny Burritt

Isamu Saito, a renowned professor at Rissho University in Japan, is the author of a number of bestselling books on psychology and relationships. He created kokology.

I really like the whole kokology stuff - it's fun. Not even so much for myself (I don't read it alone) but it's great entertainment. This book is more fun with others, reading aloud.The one thing I didn't realize when I purchased this one, was that THIS book contains Kokology 2 as well. I bought both at the same time, so now I have two copies of the yellow one (since it's also included as the second half of THIS book). If you love the kokology thing, you only need this one, it contains both.

The value of this small book is in its ability to stimulate ideas. I use this book in my classes for quick-writing situations, 15-20 minutes (or less). I share one of the scenarios to "set the scene" and let them write whatever it inspires them to do. When the time limit is reached, we share what each person has written. The amazing part is that each person has written something creative, imaginative, spontaneous. and unique from his/her neighbors. The book contains some analytical material, which I purposely do not share, because it might inhibit their innovation thinking, though I think that it might be useful in very different applications.

This is an awesome book! This is the second time I've purchased it as a "friend" stole my first copy. I liked it so much that I bought another anyway! Of course you can only do the quizzes once before knowing the answers. But giving the quizzes to other people is always a lot of fun, and when a couple of years have gone by, you forget the answers to the quizzes and doing them again is fun once more! I highly recommend this book, for even just fun, if not self-discovery.

This book is awesome! I'm ordering the second one right now! My boyfriend and I started it and couldn't stop answering-they are pretty spot on with results for most part.

It’s odd how just by answering a simple question the book can sometimes be 100% accurate when telling you about yourself. There are very few questions that are inaccurate. I look forward to reading the second volume!

Kokology intrigued me as a game because I love personality tests and I love to do them in groups. It’s very fun to play with a group of honest friends who are willing to admit their flaws and pride, and although sometimes it’s deadly accurate, sometimes it’s totally off the mark. Unfortunately, Kokology /feels/ like pop psychology -- more than a little off base at times; and you can’t count on it for accurate results. Nevertheless, we’ve had some great laughs with this game, and I think that in the right cultural context (we’re a kooky bunch), this could be a most excellent party game. I definitely recommend it to anyone who enjoys being surprised by the results of a self-test.

Great for parties, family gatherings, self-help groups. Not every exercise was applicable to me, but there are plenty of exercises and most of them were on point. Plus, since these are best done in group settings, there is usually someone in the group who finds value even in the exercises that don’t work for me.

So much fun! This book is fun, witty, engaging & insightful. It’s a great book to do alone, but it’s also a riot to do with your spouse or with a group of friends. The answers and expressions of those playing are SO FUN and you really do learn more about yourself and those you are playing with!!! I highly highly recommend this book!!!

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