



Kokology: More of the Game of Self-Discovery

By Tadahiko Nagao



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The bestselling Japanese phenomenon, *Kokology* 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 *Kokology*—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* (“mind” or “spirit” in Japanese). Based on sound psychological principles, *Kokology* asks you to answer questions about seemingly innocent topics—such as the color of an imaginary bird that has flown in your window—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.

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Editorial Review

Amazon.com Review

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*

About the Author

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*.

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Wesley Powell:

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