

The Wisdom Of The Enneagram Complete To Psychological And Spiritual Growth For The Nine Personality Types

Unlock the power of personality types using the wisdom of the enneagram so you can strengthen your personal, professional, and romantic relationships today! The enneagram is an effective personality classification system that describes the characteristics, behaviors, and core values of nine different personality types—enneatypes—each identified by a number. The Enneagram & You helps you identify your personality type so you can discover how to best interact with your family, friends, coworkers, and love interests. You'll also learn about each type pairing—from Type 1 with Type 1 to a Type 9 with Type 9 and every combination in between—as well as the harmonies and challenges each pairing faces and advice on how to effectively communicate and better understand what each personality type needs to feel fully engaged, known, and valued. Armed with this knowledge, you'll begin to anticipate your reactions and responses to the various people in your life. And you'll also be able to better comprehend their reactions and responses to you. By understanding your own strengths and recognizing areas for growth, you can improve your relationships in ways that might have previously seemed impossible. Applying the wisdom of the enneagram-based personality types can lead to better connections and a deeper understanding of yourself and those around you!

It would be impossible for most of us to spend a day without coming into direct or indirect contact with dozens of people family, friends, people in the street, at the office, on television, in our fantasies and fears. Our relationships with others are the most changeable, infuriating, pleasurable and mystifying elements in our lives. Personality types, based on the ancient system of the Enneagram, will help you to enjoy more satisfying and fulfilling relationships in all areas of your life by introducing you to the nine basic personality types inherent in human nature. This knowledge will help you better understand how others think and why they behave as they do, as well as increasing your awareness of your own individual personality. Written by the leading world authority on the Enneagram, it offers a framework for understanding ourselves and those around us, as well as a wealth of practical insights for anyone interested in psychology, counselling, teaching, social work, journalism and personal management.

The bestselling beginner's guide to identifying and understanding the nine personality profiles and applying them to your daily life. The leading experts in the field, Don Richard Riso and Russ Hudson have set the standard for determining personality type using the enneagram. Their studies of this ancient symbol and their progress in determining type with increasing accuracy are known, taught, and emulated worldwide. Discovering Your Personality Type is the essential introduction to this system, a psychological framework that can be used practically, in many aspects of daily life. This revised and updated edition features the all-new, scientifically validated Riso-Hudson Type Indicator, and has also been refined and simplified to appeal especially to beginners and anyone interested in unlocking the secrets of personality. The most reliable, most accurate, and most accessible way to identify type, the improved enneagram questionnaire helps identify fundamental character traits, revealing invaluable directions for change and growth. The profile that emerges is useful for a wide variety of purposes: professional development, education, relationships, vocational counseling, and more. Discovering Your Personality Type is the book readers need in order to begin to see the possibilities made available by understanding personality types. More Than 1 Million Riso-Hudson Enneagram Books Sold

The Wisdom of the Enneagram The Complete Guide to Psychological and Spiritual Growth for the Nine Personality Types Bantam A Simon & Schuster eBook. Simon & Schuster has a great book for every reader.

This work, based on the ancient system of the Enneagram, will help you to enjoy more satisfying and fulfilling relationships in all areas of your life by introducing you to the nine basic personality types inherent in human nature. This knowledge should help you better understand how others think, and why they behave as they do, as well as increasing your awareness of your own individual personality.

The Enneagram is a profound tool for self-observation and inner work. While there are plenty of resources on the topic, most Enneagram literature is largely limited to entry-level descriptions of the Nine Types. The Instinctual Drives and the Enneagram focuses on a crucial but misunderstood facet of the Enneagram Typology--our "animal" Instinctual Drives and how they are related to our spiritual nature. While nearly every school of thought on the Enneagram acknowledges the importance and role of the Instinctual Drives, there's a deep lack of understanding what they actually are, the role they play in personality, and most importantly, their implications for inner work. This book achieves, for the first time, a coherent theory of the instinctual drives based in biology, evolution, and developmental psychology, and it paves the way toward a more accurate view of inner work that directly addresses our animal nature. In so doing, it turns our current understanding of the Enneagram on its head by showing that the personality does not exist in parallel with our instinctual drives, but in reaction to them. In other words, instinct comes first - and one's Enneagram type is nothing more or less than a strategy to fulfill instinctual needs. This clarified orientation has important implications for our spiritual development, self-remembrance, and the transformation of our personhood into a conduit of Essence.

Discover Your Personality Type According To The Enneagram & Learn More About Yourself! Learn More About The 9 Personality Types and Find Your Own Personality Type

The Enneagram is a most helpful instrument in assisting persons to see themselves in the mirror of their minds, especially to see the images of personality distorted by compulsions and other basic attitudes about self.

A groundbreaking guide centering around the Enneagram the most popular system for personality typing presents a vast array of insight for determining personality types, from recognizing each type's WakeUp Call and Red Flag to letting go of selfdefeating habits and reactions. Original.

In this new, general introduction to the Enneagram, Rohr and Ebert show that the Enneagram was developed in Egypt by the Desert Fathers and rediscovered by a Franciscan missionary to the Moslems at the turn of the 14th century.

This is the Type Two Edition of the book, including specific content for enneagram Type Twos. You can also purchase the Comprehensive Edition that includes all Types. How does your personality type help and hinder your ability to make wise decisions? We are too often rich in information and poor in wisdom. And when we encounter life's decisions, big and small, we engage the information available through the lens of our personality. The Enneagram of Discernment: The Way of Vocation, Wisdom, and Practice breaks new ground in the enneagram field, introducing Dr. Drew Moser's innovative approach to exploring the enneagram to discover calling, cultivate wisdom, and develop habits that help you make wise decisions, whether they be important or mundane. This is not your ordinary enneagram book. Weaving theology, spirituality, neuroscience, and psychology, Dr. Moser introduces you to The Way of Discernment: a journey of nine key questions each of us must consider when faced with a decision. Each of these nine questions are grouped into three triads: The Vocation Triad, The Wisdom Triad, and The Practice Triad. This is an enneagram resource for anyone looking for help in making better decisions. Whether you're new to the enneagram, or have been working with the enneagram for many years, The Enneagram of Discernment is an essential resource. This is the Riso-Hudson Enneagram Type Indicator (RHETI) Version 2.5 in booklet form. The RHETI produces a full personality profile across all nine types. This provides you with a unique portrait, indicating the relative strengths and weaknesses of the nine types within your overall personality.

More than just a tool to diagnose your personality type, the Enneagram was originally developed to help people find the ultimate freedom of consciousness and achieve spiritual liberation. A. H. Almaas brings us back to this original mission as he shares the essential keys that will help readers break free from the limitations and distortions of each type's fixation—and to express their true spiritual nature in everyday life.

Type 9: The Peaceful Mediator, from The Enneagram Collection, is for anyone who loves the Enneagram and wants to go deeper with this interactive book exploring the unique motivations, longings, and strengths and weaknesses of a Type 9—those who have a core desire to have inner stability and peace of mind. The Enneagram has never been more popular. This ancient personality typing system identifies nine types of people and how they relate to one another and helps people discover what motivates them, their fears, and how best to interact with others. With the growing popularity of this self-assessment tool in all spheres of life, including personal relationships, professional relationships, faith communities, students, and even pop culture, these interactive books are great for anyone newly interested in the Enneagram or the longtime Enneagram enthusiast. With space to journal about the unique motivations, longings, and strengths and weaknesses of a Type 9—those who have a core desire to have inner stability and peace of mind, Beth McCord shows how to transform self-limiting behaviors into life-enhancing personal empowerment. In addition to deeply informative content from Enneagram expert Beth McCord, the pages include interactive prompts and space provided for reflection and notes. Each book teaches about the strengths, challenges, and opportunities for that personality type in order to lead to a more meaningful life, lasting relationships, and a deeper understanding of God and yourself.

The definitive guide to using this ancient psychological system to gain self-knowledge and achieve personal growth—now expanded and revised. The Enneagram is an extraordinary framework for understanding more about ourselves. No matter from which point of view we approach it, we discover fresh conjunctions of new and old ideas. So writes Don Riso in this expanded edition of his classic interpretation of the Enneagram, the ancient psychological system used to understand the human personality. In addition to updating the descriptions of the nine personality types, Personality Types, Revised greatly expands the accompanying guidelines and, for the first time, uncovers the Core Dynamics, or Levels of Development, within each type. This skeletal system provides far more information about the inner tension and movements of the nine personalities than has previously been published. This increased specificity will allow therapists, social workers, personnel managers, students of the Enneagram, and general readers alike to use it with much greater precision as they unlock the secrets of self-understanding, and thus self-transformation. "No Enneagram teachers I've come across offer such a rich and dynamic picture of how each personality type expresses itself in the world, and the process by which we can move through progressive stages of psychological and spiritual growth."—Tony Schwartz, author of What Really Matters: Searching for Wisdom in America

The First and Only Scientifically Determined Enneagram Personality Test and Guide A centuries-old psychological system with roots in sacred tradition, the Enneagram can be an invaluable guide in your journey toward self-understanding and self-development. In this book, Stanford University Medical School clinical professor of psychiatry David Daniels and counseling psychologist Virginia Price offer the only scientifically developed Enneagram test based upon extensive research combined with a self-discovery and personal-development guide. The most fundamental guide to the Enneagram ever offered, this book features effective self-tests to determine simply and accurately what your personality type is. Daniels and Price provide step-by-step instructions for taking inventory of how you think, what you feel, and what you experience. They then guide you in your discovery of what your type means for your personal well-being and your relationships with others, and they show you how to maximize your inherent strengths. Brimming with empowering information for each of the nine personality types—Perfectionist, Giver, Performer, Romantic, Observer, Loyal Skeptic, Epicure, Protector, and Mediator—this one-of-a-kind book equips you with all the tools you need to dramatically enhance your quality of life.

For the Enneagram enthusiast looking to deepen their transformation, The Enneagram of Belonging offers an enlightening, enriching path forward. eBook EXCLUSIVE: 45+ COLOR illustrations to provide greater depth of understanding. Many have discovered the Enneagram to be a powerful tool for self-understanding, yet knowing ourselves doesn't necessarily mean we accept ourselves. Most of us tend to curate the personality of our type: leading with the traits we perceive as positive and sidelining the traits that cause us shame. But what if it all belonged? Rather than furthering our own fragmentation, what if we dared to make peace with the whole of who we are with bold compassion? The Enneagram of Belonging is your guide to this essential journey. While most contemporary Enneagram books stop at the descriptions of the nine types, Enneagram teacher and The Sacred Enneagram bestselling author Chris Heuertz uncovers the missing link in our journey of living into our true self: radical self-compassion that can bring us back to belonging. Rather than get stuck on stereotypes or curated personality, Heuertz proposes we develop an honest relationship with our type, confronting our "inner dragons," practicing self-compassion, and thereby coming to fully belong to ourselves--and, ultimately, to love itself. In this in-depth examination of the Enneagram of Personality, you will discover: A fresh, compassionate way of understanding your childhood wound, which Heuertz reframes as your Kidlife Crisis Your unique subtype and how this colors your dominant type, plus how to work with your Enneagram instinct Practical insight to help you find freedom from your type's Passions and Fixations Your personalized path back to belonging, as you come home to your true self . . . and much more. As a masterful mapmaker and trailblazer of grace, Heuertz casts a vision for how we can create a better world. The truth is how we treat ourselves is how we treat others, so let's start with compassion, and let this outflow into our relationships, communities, and world.

A groundbreaking exploration of the spiritual dimension of working with the enneagram by one of its earliest students and teachers in America. Here is one of the first books to explore in an authentic and comprehensive way the original spiritual dimension of the enneagram. Among the most knowledgeable teachers of the enneagram in America, Sandra Maitri shows how the enneagram not only reveals our personalities, but illuminates a basic essence within each of us. She shows how traversing the inner territory particular to our ennea-type can bring us profound fulfillment and meaning, as well as authentic spiritual development.

This is the best introductory book you will find on the Enneagram. Wagner's guide is a clear and concise introduction to

the Enneagram, useful for personal exploration and as a teaching ID for workshop presenters and counselors. This comprehensive book with charts, exercises, and bullet descriptions, yields an experiential understanding of basic Enneagram principles such as:

- Authentic values and their personality substitutes
- Resourceful and non-resourceful cognitive, emotional, and behavioral schemas and how they shift under stressful and flow conditions
- Developmental influences
- The three centers of sorting and deciding
- The defense mechanisms, principles and paradigms, virtues, passions, and both healthy and maladaptive instincts of each of the nine Enneagram personality types.

For centuries -- and now in the light of leading-edge psychology—the Enneagram has helped people to recognize their predispositions, motives, and talents. Its insights provide valuable information for those in communication, business, human resources, therapy, and personal growth. This book helps you to explore the nine different "hues" of the Enneagram, discover your own type, and understand the behaviors and attitudes that are uniquely yours. It is considered the most concise and easy to use introductory guide available.

The Enneagram is a powerful tool, with ancient roots and modern appeal, for detailing the human personality. It illuminates the painful truth of where we are and inspires us with the promise of where we could be. As the Enneagram has grown in popularity over the past 30 years, the insights offered have focused either on the present or the future, with little guidance on how to move from Point A to Point B. In the *The Conscious Enneagram* Abi Robins offers a rich, insightful guide for those seeking to move from patterns to promise. Through practical, easy-to-understand coaching, storytelling, and personal inquiry, Robins explores three main ways for getting from where we are to where we could be: Practice, Lineage, and Community. These make up the three-legged stool of the inner and outer work required to radically change the way we think, feel, and move through the world. This book will show you how to cultivate each of these legs in your life in meaningful, enriching ways that are tailored to your type.

Ignorance is bliss—except in self-awareness. Ian Morgan Cron and Suzanne Stabile share their Enneagram wisdom and help you grow in knowledge of yourself, compassion for others, and love for God. Witty and filled with stories, this unique approach gives you a peek inside each of the nine Enneagram types, taking you further into who you really are and leading you into spiritual discovery.

Facets of Unity presents the Enneagram of Holy Ideas as a crystal clear window on the true reality experienced in enlightened consciousness. Here we are not directed toward the psychological types but the higher spiritual realities they reflect. We discover how the disconnection from each Holy Idea leads to the development of its corresponding fixation, thus recognizing each types deeper psychological core. Understanding this core brings each Holy Idea within reach, so its spiritual perspective can serve as a key for unlocking the fixation and freeing us from its limitations.

"No other personality system offers the gift of revealing the fears and longings that help us cope in this uncertain world, encouraging each other and pointing one another to Jesus, each in our unique way." --from *The Enneagram for Beginners*

Recognized as a valuable tool for identifying recurring patterns of unhealthy behavior and the ways we try to earn God's favor, the Enneagram is used by churches, ministries, and families to grow more like Jesus and be closer to one another. While its wisdom is highly sought after, the Enneagram system can be complicated to navigate for first-time users. In this highly accessible spiritual guide, Certified Enneagram Coach Kim Eddy breaks down the essentials to help beginners discover their type and break free from fear and shame by knowing and experiencing the unconditional love, forgiveness and freedom in Christ. *The Enneagram for Beginners* features:

- Enneagram 101: that includes everything you need to know about the Enneagram, such as the triads, subtypes, wings, levels of health, ongoing struggles, and more
- Easy and supportive steps to find your true type
- Deep explorations into each of the nine personality types to understand the ways in which you experience the world and how you can find Jesus everyday
- Type-focused scripture that reveals what God says about you
- A special prayer for each type

This book is an essential tool for beginners who want to learn their type and find their own transformative path, all while keeping their faith and relationship with Jesus at the center.

Offers profiles of nine personality types, tells how to avoid misidentifications, and offers advice on becoming aware of one's own personality type.

Cultivate deeper relationships--a guide to the power of the Enneagram. We all relate to the people around us in different ways and understanding those differences is the key to maintaining healthy relationships. *The Enneagram for Relationships* takes the straightforward wisdom of the Enneagram and helps you understand it so that you can improve the quality of your human connections. Breaking people down into nine distinct types, the Enneagram is more than a personality test--it is a tool for understanding who you are and, more importantly, why you are who you are. Diving deep into each of the types, this easy-to-understand book provides complete breakdowns of what each one brings to various relationships, how they interact with other people, and what they can do to form healthy and fulfilling partnerships. *The Enneagram for Relationships* includes: Learn about your type--From the Reformer (Type 1) to the Peacemaker (Type 9), get a detailed explanation of each personality, what they are like, and how they function within relationships. From personal to professional--Go beyond romance as you learn how you can use the Enneagram to improve friendships, familial bonds, and work partnerships. Be your best self--Discover plenty of practical advice for addressing your own faults and foibles and living up to your potential--even as you learn how to navigate the other personality types at home and in the wild. You can get along better with other people--let the Enneagram show you how.

The first easy—and fun—guide to the Enneagram, the fascinating and revealing method of understanding personality types, for the beginner, the expert, and everyone in between. This witty and informative guide demystifies the ancient Enneagram system with cartoons, exercises, and personality tests that reveal our motivations and desires and show how to put that knowledge to use in our everyday lives.

The 9 Types of People:

- The Perfectionist: Motivated by the need to live life the right way, improve oneself and others, and avoid anger.
- The Helper: Motivated by the need to be loved and appreciated and to express your positive feelings towards others.
- The Achiever: Motivated by the need to be productive, to achieve success, and to avoid failure.
- The Romantic: Motivated by the need to understand your feelings and to be understood to search for the meaning of life, and to avoid being

ordinary. The Observer: Motivated by the need to know everything and understand the universe, to be self-sufficient and left alone, and to avoid not having the answer or looking foolish. The Questioner: Motivated by the need for security, to feel taken care of, or to confront your fears. The Adventurer: Motivated by the need to be happy and plan fun things, to contribute to the world, and to avoid suffering and pain. The Asserter: Motivated by the need to be self-reliant and strong, to make an impact on the world, and to avoid being weak. The Peacemaker: Motivated by the need to keep the peace, merge with others, and avoid conflict.

The Enneagram—a universal symbol of human purpose and possibility—is an excellent tool for doing the hardest part of consciousness work: realizing, owning, and accepting your strengths and weaknesses. In this comprehensive handbook, Beatrice Chestnut, PhD, traces the development of the personality as it relates to the nine types of the Enneagram, the three different subtype forms each type can take, and the path each of us can take toward liberation. With her guidance, readers will learn to observe themselves, face their fears and disowned Shadow aspects, and work to manifest their highest potential.

"Deep Coaching" operationalizes the profound teachings of the Enneagram so that coaches can use specific processes, tools, and strategies to empower and support the transformation of their clients. Howe-Murphy takes coaches beyond identifying nine dominant personality traits and patterns to help them stimulate real transformation.

How Christian couples can understand their personality types—and build a more powerful bond of love. He doesn't listen to me . . .

I don't understand her . . . Why do we keep having the same fight? If you've ever felt baffled by the person you married, join Enneagram Coach Beth McCord and her husband, Pastor Jeff McCord, as they pull back the curtain to reveal why you and your spouse behave in different ways. Applying the Enneagram through the lens of the gospel, they provide practical steps, insights, and tools to better understand yourself and each other. This book will help you: Answer the question, "Why do they do that?" Stop committing "assumicide" about each other's motives and dramatically improve your communication Relate to your spouse in ways they actually understand Awaken a tired marriage that feels like it's on cruise control Defuse conflict before it starts, especially the same old "dance" Enjoy your spouse again, even if you've loved each other for years! Whether you're preparing for marriage or celebrating a fiftieth anniversary, Becoming Us will revolutionize the way you understand yourself and your spouse, and transform your marriage into the powerful, loving, and satisfying relationship that God intended. "An insightful resource for those who want to understand themselves, their spouse, and their marriage through the lens of faith and the tool of the Enneagram." —Ian Morgan Cron, Enneagram expert and author of *The Road Back to You*

How do we understand the motivations and dynamics of the different personality types we see in our intimate partners, our friends, or in our professional lives? This book from Suzanne Stabile on the nine Enneagram types and how they experience relationships will guide readers into deeper insights about themselves, their types, and others' personalities so that they can have loving, mature, and compassionate relationships.

There is arguably no more critical and pressing topic than the relation of science and religion in the modern world. Science has given us the methods for discovering truth, while religion remains the single greatest force for generating meaning. Yet the two are seen as mutually exclusive, with wrenching consequences for humanity. In *The Marriage of Sense and Soul*, one of today's most important philosophers brilliantly articulates how we might begin to think about science and religion in ways that allow for their reconciliation and union, on terms that will be acceptable to both camps. Ken Wilber is widely acclaimed as the foremost thinker in integrating Western psychology and the Eastern spiritual traditions. His many books have reached across disciplines and synthesized the teachings of religion, psychology, physics, mysticism, sociology, and anthropology, earning him a devoted international following. *The Marriage of Sense and Soul* is his most accessible work yet, aimed at guiding a general audience to the mutual accord between the spiritual, subjective world of ancient wisdom and the objective, empirical world of modern knowledge. Wilber clearly and succinctly explores the schism between science and religion, and the impact of this "philosophical Cold War" on the fate of humanity. He systematically reviews previous attempts at integration, explaining why romantic, idealistic, and postmodern theories failed. And he demonstrates how science is compatible with certain deep features common to all of the world's major religious traditions. In pointing the way to a union between truth and meaning, Ken Wilber has created an elegant and accessible book that is breathtaking in its scope.

A must-read for anyone looking to move beyond type as caricature and learn how to work with the Enneagram toward spiritual growth. Over 100,000 copies sold! eBook EXCLUSIVE: 45+ COLOR illustrations to provide greater depth of understanding. Most of us spend a lifetime trying to figure out who we are and how we relate to others and God. The Enneagram is here to help. Far more than a personality test, author Chris Heuertz writes, the Enneagram is a sacred map to the soul. Lies about who we think we are keep us trapped in loops of self-defeat. But the Enneagram reveals both the nine ways we get lost, as well as the nine ways we find our way home to our True Self and to God. Chris Heuertz has taught the Enneagram all over the world, and has trained under some of the great living Enneagram masters including Father Richard Rohr, Russ Hudson, Marion Gilbert, and Helen Palmer. Whether you are an enthusiast or simply Enneagram-curious, this groundbreaking guide to the spiritual depth of the Enneagram will help you: Understand the "why" behind your type, beyond caricatures and stereotypes Identify and find freedom from self-destructive patterns Learn how to work with your type toward spiritual growth Awaken your unique gifts to serve today's broken world Richly insightful and deeply practical, *The Sacred Enneagram* is your invitation to begin the journey of a life transformed. Also available: *The Sacred Enneagram Workbook*.

"Drawing on resources as diverse as Sufism, Benedictine Monasticism, the Gurdjieff Work, and the string theory of modern physics, Cynthia Bourgeault has crafted her own unique vision of the Wisdom way in this very accessible book, nicely balanced between concept and practice." —Gerald May, senior fellow, Shalem Institute, and author, *Addiction and Grace* and *Will and Spirit* "The spiritual wisdom and practical suggestions in this lively and beautiful book will be helpful to many who find themselves setting out on the interior journey." —Bruno Barnhart, a Camaldolese monk and author, *Second Simplicity: The Inner Shape of Christianity* "Cynthia Bourgeault's book is a valuable contribution to the much-needed reawakening of spiritual practice within a Christian context. Her sincerity, good sense, metaphysical depth, and broad experience make her a source to be trusted." —Kabir Helminski, Sufi Shaikh, the Threshold Society

"Combines enneagram personality types with recovery movement techniques of releasing undesirable traits and affirming desirable ones." —Library Journal To heal, one must truly know, and face, one's self. But finding that inner, honest analysis of our own personalities is difficult to say the least. Without the right tools, it can be impossible. Since its development, the enneagram—a model of nine interconnected personality types that allows users to identify their habits and flaws—has helped countless individuals understand their hearts, bodies, and minds. Now, it can also help you change your life. In *Enneagram Transformations*, Don

Richard Riso, one of the foremost developers of the enneagram, presents a groundbreaking contribution to the self-help field. Using releases and affirmations based on the various personalities, he shows readers how to unlock their psychological pains and strengths to promote healing, recovery, and tranquility. It's time to reclaim your power. Enneagram Transformations contains the meditative tools you need to do so.

Deep Living is not just about the Enneagram. It's also about living deeply by using the Enneagram as a vehicle for presence. You're practically getting 3 books in 1 and, it's one of those books that will undoubtedly end up with many dog-eared pages and which you will refer to again and again! It goes beyond personality type! You'll find: A radically compassionate and spacious approach to recognizing the roots of inner struggle; How your Enneagram type's personality patterns present specific obstacles to real presence; Your unique pathways for liberating yourself from inner confines--one size does not fit all; Ways to cultivate a strong core foundation and your innate capacity for wholeness; The connection of your personal well-being to global well-being; and, Full acceptance of both your human nature and the eternal, divine spark within. Deep Living reveals how we unknowingly avoid vulnerable aspects of ourselves, relying instead on familiar personality patterns that distance us from our deepest nature. As a result, rather than experiencing ourselves as whole and integral to the fabric of life we feel separate, even from ourselves. Drawing on the sacred psychology of the Enneagram and the power of presence, this book guides us in recovering more of who we really are. With compassion, wisdom, and practical insight, the author helps us cultivate our innate capacities for wholeness, leading to an intimate, transformed relationship with ourselves. This is clearly a must-have book for healing the roots of struggle. What others have to say: One of the greatest discoveries of the past two centuries is that the human personality is not fixed, but is flexible, changeable, and malleable. Dr. Roxanne Howe-Murphy is a wise, empathic coach who knows how these changes can be encouraged and facilitated. If you feel stuck in your journey and are ready for growth, change, and greater fulfillment and happiness, let this master coach be your guide. --Larry Dossey, MD, Author ONE MIND: How Our Individual Mind Is Part of a Greater Consciousness and Why It Matters It is a rare book that can bring a reader home to Soul. Roxanne Howe-Murphy's sensitive excavation of the Enneagram awakens the reader to their true human potential. It offers heartfelt, timely guidance of someone who lived every step what she wrote, and who leads her readers back to what we all knew was our task from the very beginning -- the embodied, presence and original song of soul. Deep Living is food for the heart, balm for the soul, and light for the spirit. --Christina Donnell, Ph.D., Author Transcendent Dreaming: Stepping Into Our Human Potential

In a world of constant change and complexity, how can we achieve lasting transformation in our lives? Using the wisdom of the Enneagram, expert teacher Suzanne Stabile opens the concept of three Centers of Intelligence: thinking, feeling, and doing. When we learn to manage these centers in relation to our Enneagram number, we open a path to reducing fear, improving relationships, and finding wholeness.

A lively and practical application of the Enneagram--the widely discussed method of spiritual enlightenment which combines ancient wisdom and modern psychological insight. Learn how to destroy illusions, find new strengths, and grow personally, socially, and spiritually.

Find a way to bring out the best in yourself with this heartfelt, informative, and approachable guide to all things Enneagram. The Enneagram personality system consists of a spectrum of nine personality types. Based on the hit Instagram account, @enneagramandcoffee, this book is an introduction to the Enneagram itself, along with information about each type. With the feeling of your best friend telling you about the Enneagram and beautiful illustrations mixed in with the writing, this book is digestible and engaging for new and seasoned Enneagram fans.

A biblically grounded Enneagram book that looks at the Enneagram numbers of people in the Bible so readers can discover more about themselves and gain specific wisdom about how and why they are uniquely made. Who am I? Everyone asks that question, no matter their age or status in life. If we truly are supposed to be real with others, shouldn't that start with learning how to be real with ourselves? We think so. But we have to be willing to look inside and ask, "Okay, God, who am I? What is it that I don't see about myself that you see?" A Book Called YOU will help us learn about who we are as individuals and how a biblical view of self-discovery can improve every part of our lives. Based on his widely successful teaching series "A Series Called You" and his personal experience using the Enneagram personality assessment tool in his marriage and other personal relationships, pastor Matt Brown offers a groundbreaking, entertaining, and heartfelt guide that highlights biblical truths alongside the Enneagram to help us better understand ourselves and how we relate to the people around us.

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