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# Personality Types Using The Enneagram For Self Discovery

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*Personality Types Using  
The Enneagram For Self  
Discovery*

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## PERSONALITY TYPES USING THE ENNEAGRAM FOR SELF DISCOVERY PUBLICATION TESTIMONIAL

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Invite to Personality Types Using The Enneagram For Self Discovery testimonial section! As devoted viewers ourselves, we understand how useful it is to uncover brand-new publications that

capture our hearts and minds. Which's where we can be found in - with our comprehensive publication reviews, we'll aid you find your next preferred read.

Our team of expert copywriting journalists looks into each tale, revealing its toughness and weaknesses. We'll offer you with a well-crafted Personality Types Using The Enneagram For Self Discovery that records the essence of the book and gives you understanding right into what makes it one-of-a-kind.

Whether you're wanting to check out a brand-new genre or locate a publication that lines up with your passions, we have you covered. So join us on this journey of discovery, as we discover the exciting globe of literary works with each other.

Don't miss our upcoming Personality Types Using The Enneagram For Self Discovery evaluations - remain tuned for our ideas on the current and greatest on the planet of books.

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### **THE VALUE OF PERSONALITY TYPES USING THE ENNEAGRAM FOR SELF DISCOVERY EVALUATIONS**

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As enthusiastic viewers, we know firsthand the significance of publication testimonials when it involves picking our

next read. A well-written Personality Types Using The Enneagram For Self Discovery can offer valuable understandings right into a tale, such as its plot, personalities, and composing style, aiding us make notified decisions about which publications to add to our to-be-read heap.

Yet publication evaluations aren't just beneficial for visitors. They likewise play an essential duty in the posting market, assisting authors and authors promote their job and reach a bigger audience. Positive reviews can drive publication sales and raise a writer's acknowledgment, while negative testimonials can motivate needed revisions for future versions.

That's why creating thoughtful, constructive Personality Types Using The

Enneagram For Self Discovery reviews is so vital. They not just notify our own reading options yet additionally add to the bigger literary neighborhood.

## Why You Ought To Read (and Write) Personality Types Using The

## Enneagram For Self Discovery Evaluation

Whether you're a passionate reader or just trying to find your following read, Personality Types Using The Enneagram For Self Discovery reviews give valuable insights that can aid you choose your following publication. They use a peek right into a story's themes, writing style, and overall top quality, providing you a feeling of what to expect prior to you choose it up.

But book evaluations aren't just for readers. They're also vital for authors

and authors, as testimonials can have a considerable influence on their success in the market. Favorable testimonials can boost sales and assist brand-new authors gain recognition, while negative testimonials can trigger required revisions and enhancements for future jobs.

## Just How Book Reviews Guide Our Analysis Choices

With a lot of publications out there, it can be difficult to understand where to

begin. That's where book examines been available in. By offering insights right into a Personality Types Using The Enneagram For Self Discovery's plot, personalities, and composing style, evaluations can aid us select publications that match our rate of interests and preferences.

Evaluations can also introduce us to brand-new categories and writers we might not have found otherwise. They can expand our perspectives and challenge our point of views, giving us a much deeper gratitude for the power of storytelling.

So whether you're a seasoned visitor or just starting out, make certain to make Personality Types Using The Enneagram For Self Discovery reviews a component of your analysis routine. You never ever

recognize-- you might just find your brand-new favored book.

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### **ASPECTS OF A GOOD PERSONALITY TYPES USING THE ENNEAGRAM FOR SELF DISCOVERY REVIEW**

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Composing an excellent book review needs more than just summarizing the plot. As book customers, we intend to provide our readers with a thorough analysis of the tale, the writer's creating design, and the total analysis experience. Here are some vital aspects that our publication evaluations consist of:

# 1. Personality Types Using The Enneagram For Self Discovery Story Recap

A quick run-through of the tale is vital to offer visitors context and help them make a decision if the book deserves their time. However, avoid giving away way too much of the story or any significant spoilers.

## 2. Character Analysis in Personality Types Using The Enneagram For Self Discovery

An in-depth assessment of the characters is essential to understanding the story's characteristics. We consider the protagonist's inspirations, the sustaining personalities' roles, and

exactly how their connections evolve throughout guide.

## 3. Writing Style Analysis

The author's creating design plays a significant function fit the reading experience. We evaluate the author's use language, pacing, discussion, and various other composing methods to assess just how well they serve the tale of Personality Types Using The Enneagram For Self Discovery

## 4. Individual Opinion

Our publication testimonials of Personality Types Using The Enneagram For Self Discovery are not just a recap or evaluation yet likewise an expression of our individual opinions and sensations. We share what we liked and did not like about the book and why we would or would not recommend it to others.

By including these elements in our publication evaluations, we intend to give our visitors with an extensive understanding of guide's staminas and weaknesses. This, in turn, can assist them make an educated decision about whether to review guide or otherwise.

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### DIFFERENT SORTS OF PUBLICATION REVIEWS

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Schedule evaluations been available in many forms, each with its unique objective and style. As visitors, it's essential to understand these various types of publication examines to understand what to anticipate and exactly how to interpret them.

## Literary Analysis

A literary analysis Personality Types Using The Enneagram For Self Discovery review aims to delve deeply right into the story's motifs, icons, and concepts. Such testimonials commonly focus on the writing style, structure, and literary gadgets made use of in the book.

Literary analysis publication reviews are most usual in academic settings but can likewise be discovered in literary periodicals and sites.

## Personal Point Of View Item

An individual opinion piece is a subjective review of a book( Personality Types Using The Enneagram For Self Discovery) that mirrors the reviewer's personal ideas and feelings. These testimonials can be found on individual blogs, social networks, and even in significant magazines. Opinion items intend to supply a viewers's one-of-a-kind perspective on a book and can be useful for locating books that match

personal preferences.

## Recommendations for Specific Categories of Personality Types Using The Enneagram For

## Self Discovery

Recommendation publication reviews are tailored in the direction of viewers that are trying to find books in a specific style. These evaluations concentrate on supplying adequate information on Personality Types Using The Enneagram For Self Discovery to help the reader establish if it's a good fit for them. They are generally found on book review internet sites, book shops, and even on social networks pages devoted to details categories.

## Spoiler-Free

## Review of Personality Types Using The Enneagram For Self Discovery

A spoiler-free publication evaluation aims to give adequate info concerning a publication to help readers determine if they wish to review it without disclosing any kind of considerable plot factors. These evaluations can be located on publication review sites, social media pages, and in publications.

# Relative Testimonial

A relative evaluation contrasts and contrasts two or more publications, usually of the very same genre or by the exact same writer. Such evaluations can be valuable for viewers that want to recognize how a book compares to others within its style. Relative reviews are most usual in literary regulars and websites.

As you can see, there are various types of book testimonials available to visitors. Recognizing the purpose and style of Personality Types Using The Enneagram For Self Discovery can assist visitors determine which ones are most useful

for discovering their following favorite book. Keep tuned for the next section, where we will certainly explore exactly how to write an effective publication review!

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## **EXACTLY HOW TO COMPOSE A PERSONALITY TYPES USING THE ENNEAGRAM FOR SELF DISCOVERY REVIEW**

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If you want to share your thoughts on Personality Types Using The Enneagram For Self Discovery and compose a book evaluation, right here are some ideas to obtain you started:

# 1. Review Personality Types Using The Enneagram For Self Discovery Very carefully

Before you start composing your publication evaluation, see to it you have actually read guide carefully and comprehended its plot, characters, and styles. Keep in mind while you read to

assist you keep in mind vital details.

## 2. Framework Your Review

A well-structured publication testimonial must have an intro, a recap of Personality Types Using The Enneagram For Self Discovery story, an evaluation of the characters, and a final thought. Make sure your evaluation flows logically and that you have consisted of all the essential parts.

## 3. Supply

## Examples

When you are assessing guide's personalities and composing style, supply instances from the message to support your viewpoints. This will make your evaluation a lot more persuading and aid readers recognize your viewpoint.

### 4. Be Honest

When creating Personality Types Using The Enneagram For Self Discovery review, it is very important to be sincere regarding your point of views. Even if you really did not delight in guide, discuss why and give positive criticism. Bear in mind that your testimonial might

aid other visitors determine whether or not to review the book.

### 5. Stay clear of Spoilers of

When creating Personality Types Using The Enneagram For Self Discovery story summary, avoid handing out the ending or any type of significant plot spins. Rather, concentrate on the essential occasions that drive the tale onward.

### 6. Edit and

# Proofread

Prior to publishing your Personality Types Using The Enneagram For Self Discovery evaluation, ensure to edit and check it carefully. Check for spelling and grammar errors, and make certain your testimonial makes good sense and streams well.

By following these tips, you can write an efficient Personality Types Using The Enneagram For Self Discovery review that will aid visitors make informed decisions concerning what to read following.

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## **THE INFLUENCE OF PUBLICATION REVIEWS ON AUTHORS AND**

## **PUBLISHERS**

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As visitors, we know that publication evaluations can help us discover our next favorite read. Nonetheless, what we might not realize is the substantial impact publication reviews carry authors and authors.

For writers, publication testimonials supply recognition and direct exposure for their job. Favorable evaluations can lead to raised publication sales and a wider readership. On the other hand, unfavorable testimonials can hurt an author's online reputation and potentially effect future book bargains.

Publishers also heavily rely on Personality Types Using The Enneagram For Self Discovery book evaluations. Testimonials can affect their decisions

on which books to promote and buy, as well as aid them assess the marketplace's interest in particular styles or writers. Furthermore, reviews can influence the success and appeal of a publication, ultimately impacting publication sales and earnings.

It is very important to keep in mind that Personality Types Using The Enneagram For Self Discovery evaluations likewise have a larger impact on the publishing industry in its entirety. Positive evaluations can help to boost specific styles or authors, leading to increased diversity and representation in the literary world. Conversely, unfavorable evaluations can perpetuate prejudices and impede progress in the industry.

## The Power of Social Media Site

Social media has actually come to be an effective tool for Personality Types Using The Enneagram For Self Discovery testimonials and can considerably influence a writer's success. Readers can easily share their ideas and referrals on different systems, such as Goodreads, Twitter, and Instagram. Additionally, publishers and writers commonly actively look for publication bloggers, BookTubers, and bookstagrammers to promote their job and get to wider target markets.

Moreover, social media has actually additionally resulted in a rise in reader

interaction and participation. Viewers can connect with authors, join book clubs, and participate in virtual book events, all of which add to a book's success.

On the whole, publication evaluations have a significant influence on the literary world and are vital for both visitors and sector experts. By sharing our ideas and recommendations, we can aid to form the future of the publishing sector and support our preferred writers.

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### **WHERE TO FIND BOOK REVIEWS OF PERSONALITY TYPES USING THE ENNEAGRAM FOR SELF DISCOVERY**

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Are you on the quest for book testimonials however don't know where

to look? Don't worry, we've obtained you covered! Below are some areas where you can locate credible and informative book evaluations:

## **Reserve Evaluation Web Sites**

There are a lot of web sites that focus on book evaluations. Goodreads and Amazon are two prominent choices where you can discover evaluations from fellow readers. Various other websites, such as BookPage, use professional testimonials from specialist publication critics.

## On the internet Neighborhoods

If you're trying to find a much more interactive method to locate Personality Types Using The Enneagram For Self Discovery reviews, on the internet neighborhoods like Reddit or BookTube might be your point. These systems have dedicated forums and networks where publication enthusiasts from around the world share their thoughts and opinions on books.

## Trusted

## Publication Critics

If you favor reviews from specialist critics, look no further than significant publications like The New York Times, The Guardian, or NPR. Their book evaluation sections are well-respected and deal informative reviews of the latest releases.

So there you have it, several of the most effective places to find Personality Types Using The Enneagram For Self Discovery publication testimonials. Remember, reading testimonials can aid you make informed decisions concerning what to check out next and can expose you to new authors and genres you might not

have actually considered previously.

**Personality Types** *Houghton Mifflin Harcourt*

Don Richard Riso, M.A., is the most widely published and the bestselling author of books on the Enneagram. This is the revised and expanded edition of the classic on understanding the human personality--more than 150,000 copies sold! In addition to updating the descriptions of the nine personality types, this book uncovers the Core Dynamics, or Levels of Development, within each type.

**Personality Types** *Houghton Mifflin Harcourt*

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*

### **Personality Types** *Mariner Books*

"The Enneagram is an extraordinary framework for understanding more about ourselves. No matter from which point of view we approach ourselves. No matter from which point of view we approach it, we discover fresh conjunctions of new and old ideas."--Don Riso.

### **Discovering Your Personality Type**

*Houghton Mifflin Harcourt*

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

### **Understanding the Enneagram**

*Houghton Mifflin Harcourt*

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

### **Enneagram Transformations** *HHM*

“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.

### **The Enneagram & You** *Adams Media*

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!

### **The Wisdom of the Enneagram** *Bantam*

The first definitive guide to using the wisdom of the enneagram for spiritual and psychological growth The ancient symbol of the Enneagram has become one of today's most popular systems for self-understanding, based on nine distinct personality types. Now, two of the world's foremost Enneagram authorities introduce a powerful new way to use the Enneagram as a tool for personal transformation and development. Whatever your spiritual background, the Enneagram shows how

you can overcome your inner barriers, realize your unique gifts and strengths, and discover your deepest direction in life. The Wisdom of the Enneagram includes: Two highly accurate questionnaires for determining your type Vivid individual profiles focused on maximizing each type's potential and minimizing predictable pitfalls Spiritual Jump Starts, Wake-Up Calls, and Red Flags for each type Dozens of individualized exercises and practical strategies for letting go of troublesome habits, improving relationships, and increasing inner freedom Revealing insights into the deepest motivations, fears, and desires of each type Highly accessible, yet filled with sophisticated concepts and techniques found nowhere else, The Wisdom of the Enneagram is a

strikingly new fusion of psychology and spirituality. It offers an exciting vision of human possibility and a clear map of the nine paths to our highest self-expression.

**The Essential Enneagram** *Harper Collins*

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.

## **Personality Types**

### **The Riso-Hudson Enneagram Type Indicator (Rheti, Version 2.5)**

*Enneagram Inst*

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.

## **Personality Types**

This complete and authoritative book

describes the use of the enneagram, an ancient symbol of the varieties of human personality remarkably consistent with modern psychological theories. 9 line drawings.

**What's Your Enneatype? An Essential Guide to the Enneagram**

*Fair Winds Press*

What's Your Enneatype? An Essential Guide to the Enneagram describes the nine Enneagram types, how to identify your own type and the types of those close to you, and how to use this knowledge to better yourself, your relationships, and your greater goals.

**The Enneagram Made Easy** *Harper Collins*

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 Everything Enneagram Book**  
*Simon and Schuster*

A Simon & Schuster eBook. Simon & Schuster has a great book for every reader.

**The Enneagram Spectrum of Personality Styles**  
*Enneagram Studies and Applications*

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, and the three centers of sorting and deciding. Learn about 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.

**Cast in God's Image** *Jewish Lights Publishing*

Including hands-on spiritual exercises and guided meditations, offers an accessible and enjoyable way to learn about your personality type and its spiritual implications--and insight on the sacred tasks that are uniquely yours to perform in this world.

**The Enneagram Advantage** *Three Rivers Press (CA)*

Explores the nine personality types represented by the enneagram, with a

quiz on determining which type someone is, and how to apply this information when dealing with people on the job

**The Enneagram of Eating** *Simon and Schuster*

A guide to using your Enneagram personality type to understand your approach to eating, dieting, and exercise

- Shows how the Enneagram system of personality types can explain your relationship to food, emotional triggers and childhood patterns around eating, food choices, best methods for weight loss or gain, possible addictions, love (or not) for entertaining, and the right exercise method to keep you motivated
- Includes an Enneagram food-personality test and explains how understanding your Enneagram type

allows you to alter your subconscious programming and become not only physically, but emotionally healthier • Provides examples of healthy and unhealthy expressions of each personality type's relationship to food and exercise Have you ever wondered why some people seem to adore food, while others find eating simply a need? Why some people just love to work out and others absolutely abhor anything to do with physical exercise? Why some love entertaining, while others would rather spend a quiet evening alone? In *The Enneagram of Eating*, Ann Gadd reveals how the well-known Enneagram system of personality types can explain your relationship to food and exercise. Including an easy Enneagram food-personality test to find your type, she

devotes a full chapter to each of the 9 personality types. She provides an understanding of each type's emotional eating triggers, including the emotional wounds and childhood patterns that formed them, what exercise regime will keep you motivated, why you entertain the way you do (or don't), and the best methods for weight loss or gain. The author examines how we view our bodies, how we deal with food and eating, our behaviors when dining out or hosting a dinner party, possible addictions, and where our enthusiasm (or lack thereof) for exercise originates. Stressing how our emotional health affects our physical selves, the author provides examples of healthy and unhealthy development within each type. Gadd shows how knowing how

each type reacts around food will make it easier for us to alter our subconscious programming and become not only physically, but emotionally healthier. Offering fascinating insight into our subconscious attitudes toward food, she aims to inspire you to become more aware of your approach to eating in general, so you can develop healthier and happier ways of being.

### **The Enneagram** *Harper Collins*

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 Enneagram Made Simple**  
*Rockridge Press*

Discover who you are and who you can be with the Enneagram It's a natural human instinct to want to know more about yourself: to try to understand who you are, why you behave a certain way, and how you can move forward. Enter the Enneagram--a tool for personal understanding and transformation. This easy guide to the Enneagram will help you figure out who you truly are and support you on your journey to becoming your best self. What sets this Enneagram book apart from other books on personality types: The Enneagram made easy--Learn about the origins of the Enneagram, the nine Enneagram personality types, and how to make sense of the Enneagram symbol. Your

Enneagram type--Start your own journey of self discovery with an easy assessment that will help you determine your Enneagram type. Exercises for every Enneagram--Once you learn your Enneagram type, you'll dive deeper into what motivates you and explore ways to help you grow and to improve your relationships. Realize your strengths and overcome personal barriers with The Enneagram Made Simple.

**Keys to the Enneagram** *Shambhala Publications*

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.

**The Enneagram**

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.

**The Enneagram Type 5** *Thomas Nelson*

The Enneagram Collection is for anyone who wants to have a deeper understanding of their Enneagram type. The Enneagram Type 5: The

Investigative Thinker is an interactive book that focuses on those who have a core desire to be capable and competent. The book explores the unique motivations, longings, strengths, and weaknesses of a Type 5. The Enneagram Type 5: The Investigative Thinker is a great self-assessment resource for all spheres of life, including: Personal and professional relationships Faith communities Students and even pop culture Author Beth McCord teaches readers how to transform self-limiting behaviors into life-enhancing personal empowerment. Books from The Enneagram Collection are great for anyone newly interested in the Enneagram or longtime Enneagram enthusiasts. Inside readers will find: Space to journal about their uniqueness,

goals for inner stability, and ideals for achieving peace of mind Teachings about the strengths, challenges, and opportunities that a Type 5 needs in order to build a more meaningful life, lasting relationships, and a deeper understanding of God and one's self This ancient personality typing system identifies nine types of people and how they relate to one another. It helps people discover what motivates them, their fears, and how best to interact with others. Not a Type 5 or want to learn about the other Enneagram types? Check out the rest of The Enneagram Collection by Enneagram coach, author, and speaker Beth McCord.

**Discovering the Enneagram**  
*Crossroad*

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.

**The Complete Enneagram** *She Writes Press*

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.

**The Instinctual Drives and the Enneagram** *John Luckovich*

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.

### **Positive Intelligence** *Greenleaf Book Group*

Chamine exposes how your mind is sabotaging you and keeping you from achieving your true potential. He shows you how to take concrete steps to unleash the vast, untapped powers of your mind.

### **The Enneagram and Kabbalah** *Jewish*

### *Lights Publishing*

An updated and expanded examination into the groundbreaking exploration and connection of two of the most powerful mystical traditions. Patterns in our lives may escape us; reasons for our behavior often confuse us. To help us better understand the interplay of these dynamics, Rabbi Howard A. Addison combines two of the most powerful maps of consciousness known to humanity: the Tree of Life (the sefirot) from the Jewish mystical tradition of Kabbalah, and the nine-pointed Enneagram that was developed over several generations by mystics of several spiritual traditions. Individually, each offers guidance and wisdom; together, they show the forces that propel us and shape our personalities and behavior. Most

important, the two suggest how we can live more harmoniously with ourselves and with others, minimize friction and tension and discover our own spiritual gateway to God. In this updated and expanded edition of his pioneering book, Rabbi Addison explores new understandings of the stages and pitfalls we experience along life's journey and the ways we can transcend the limits of our personalities in search of greater wholeness. He shows that, when brought together, the Enneagram and Kabbalah may enhance understanding of humanity's deepest motivations both individually and collectively thus opening wider the gate to personal growth.

**The Enneagram for Black Liberation**  
*Broadleaf Books*

Am I worthy of belonging? Am I loved just as I am? Am I safe to exist without worry? How do Black women return to our truest selves in systems that answer "no" to these three questions? The Enneagram is an ancient system of human development that shows us the limiting stories that keep us stuck in unhelpful patterns, and invites us into more expansive stories. For too long, conversations about the Enneagram and its personality types have been centered on and by whiteness. In *The Enneagram for Black Liberation*, certified Enneagram teacher and trained psychotherapist Chichi Agorom reclaims the Enneagram as a powerful tool for Black women to rediscover our wholeness and worth that existed long before systems of supremacy told us we weren't enough.

For Black women in particular, our Enneagram personality types reflect more than just our way of being in the world; they are shaped by armor that we use to protect ourselves from pain, suffering, and shame. Breaking down each Enneagram type as a form of armor, this book offers practices to help Black women, and all who live on the margins, begin to build a sense of self separate from our mechanisms of self-protection, while working to dismantle the systems that require us to stay constantly armored up. Chichi Agorom takes readers through each of the nine Enneagram types, along with stories of Black women who identify with them, to illustrate the stories people must tell themselves in order to feel safe. In the process, Agorom seeks to inspire us to

expand beyond our type patterns. Wholeness work is justice work. Centering freedom, ease, and rest for Black women, Agorom invites each of us to claim the Enneagram as our tool for resilience-building in the continued fight for liberation.

**Someday, Narwhal** *Simon and Schuster*

“Kids will love this tiny little protagonist who dares to dream big.” —Booklist “The little narwhal from *Strictly No Elephants* gets her own story...Equally good as a stand-alone or for fans of the first book.” —School Library Journal In this charming companion to the award-winning picture book *Strictly No Elephants*, a tiny narwhal discovers that sometimes the difference between staying home and a

big adventure is a group of loving friends. Red front door. Potted plant. Umbrella stand. Piano. Red front door. Potted plant. Umbrella stand. Piano. That’s what the world looks like from inside Tiny Narwhal’s fishbowl. It’s not very exciting. She dreams of the world beyond: endless blue sky, tall buildings, a bridge. But Tiny Narwhal hasn’t any feet and doesn’t know the street names. And what if it’s cold outside? What this little narwhal does have, though, are good friends. With the help of her boy and his friends, plus a penguin, bat, and giraffe, Tiny Narwhal finally feels brave enough to go on an adventure. *Someday, Narwhal* features the same adorable cast of pets and sweet, lyrical language as Lisa Mantchev’s beloved *Strictly No Elephants*.

## **Know Your Parenting Personality**

*John Wiley & Sons*

Knowing yourself helps your child Are you a Helper or an Organizer? A Dreamer or an Entertainer? No matter which of the personality types on the Enneagram you are, this groundbreaking system gives you the vision to see the world as your child sees it and the power to use this vision to achieve all of your parenting goals. *Know Your Parenting Personality* helps you discover how your personality motivates the way you behave as a parent and how your child's personality interacts with your own. As an expert on personality, Janet Levine has pioneered a new understanding of the Enneagram based on hundreds of interviews with parents. You'll learn how to recognize your greatest parenting

strengths and weaknesses and how to free yourself to become a true guide and mentor to your child. This invaluable parenting guide helps you: \* Establish stronger connections with your child \* Eliminate self-defeating behavior patterns \* Deepen parent--child communication \* Reduce stress in your home \* Gain self awareness and identify your parenting strengths \* Support the flowering of your child's personality Read *Know Your Parenting Personality* and become the parent you always wanted to be.

**Personality Type** *Shambhala Publications*

The type test inside will tell you about the choices you've made and the direction you're taking—according to C.

G. Jung's theory of psychological types. For Jung, knowing your type was essential to understanding yourself: a way to measure personal growth and change. But his ideas have been applied largely in the areas of career and marital counseling, so type has come to seem predictive: a way to determine your job skills and social abilities. This book reclaims type as a way to talk about people's inner potential and the choices they make in order to honor it. Using everyday examples from popular culture—films, "Star Trek," soap operas, comic strips—it describes the sixteen basic ways people come to terms with their gifts and values. In this book you will find tools to understand:

- How your personality takes shape
- How your type reflects not only your current priorities,

- but your hidden potential
- How unlived possibilities are trying to get your attention
- How relationships at home and at work can help you to tap your unrealized gifts

Whether you're trying to figure out who you are and what you need to do in life, or recognizing that deeper meaning lies beyond what you've already accomplished, this book will help you to become aware of your greatest strengths, your opportunities to live them out, and your ability to make the most of your unique potential.

### **The Enneagram of Parenting** *Harper Collins*

Elizabeth Wagele, coauthor of *The Enneagram Made Easy* and *Are You My Type, Am I Yours?*, offers the first practical guidebook for parents -- packed

with her delightful cartoons -- on how the Enneagram can help to understand and work with children's personality traits and behavioral patterns more effectively and creatively. Using her expertise in making the Enneagram accessible through simple text and zany, informative cartoons, Wagele shows parents how to be flexible and compassionate, willing and eager to recognize the unique potential of every child and to respond to and nurture each child appropriately.

**The Road Back to You** *InterVarsity Press*

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.

**The Five Love Languages**

In *The 5 Love Languages*, you will discover the secret that has transformed millions of relationships worldwide. Whether your relationship is flourishing or failing, Dr. Gary Chapman's proven approach to showing and receiving love will help you experience deeper and richer levels of intimacy with your partner starting today.

**The Enneagram Spectrum of**

**Personality Styles 2E** *Gildan Media LLC aka G&D Media*

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 in Love and Work**  
*Harper Collins*

New from Helen Palmer, a "leading teacher and practitioner of the Enneagram" (San Francisco Chronicle), the first Enneagram book to give practical advice, in fascinating detail, on how to have the best possible relationships in love and business.

**Sex and the Enneagram** *Findhorn Press*

Understanding your approach to dating, relationships, and sex through the lens of your Enneagram personality type • Explains the relationship and sexual differences in the 9 Enneagram personality types for both genders • Examines how we can create greater intimacy with our partners and what blocks our sexual enjoyment • Looks at each type's fantasies and investigates

how our behavior in relationships alters according to how emotionally integrated or disintegrated we are • Explores the three types of love and their countertypes; each type's Enneagram Passions and Virtues in relation to intimacy; how to engage with each type; and whether some types make better lovers Sex can take us from the sacred sublime to the darkest aspects of humanity. It can carry us on the wings of pure pleasure, or crush and potentially destroy us. No act in the human experience, barring the essential survival needs of food and water, can have more of an effect on us. In Sex and the Enneagram, Ann Gadd explores relationships and sex through the lens of the Enneagram, its nine personality types, and the subtypes of the wings and

Instinctual Triads. The author introduces the Enneagram system and provides a full chapter devoted to each type. She examines each type's approach to sex, their fantasies, and levels of integration in relation to love and sex, as well as each type's approach to issues such as pornography, sexual problems, and dating sites and whether some types make better lovers. The author explains the Enneagram Passions and Virtues of each type in relation to sex, divorce, wing influences, and gender and explains how the 27 Sub or Instinctual types and the Hornebian Triads of the Enneagram system affect our sexuality. Most importantly, Gadd looks at how we can heal ourselves sexually so we can create more fulfilling, transforming intimacy for ourselves and our partners.

Through understanding ourselves and our partners sexually, with the help of the Enneagram, Gadd hopes to bring us to deeper levels of compassion and understanding for each other. Sex then can be an expression enhancing our love for each other, rather than simply a physical act. By understanding your own and your lover's Enneagram type, intimate giving and receiving can be an empowering process to embody our love for ourselves and others.

### **The Enneagram**

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.