

# **The Wisdom Of Enneagram Complete Guide To Psychological And Spiritual Growth For Nine Personality Types Don Richard Riso**

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**Nine Personality Types Don Richard Riso** what you next to read!

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

Richard Riso 1998-01-01  
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.

*The Sacred Enneagram -*  
Christopher L. Heuertz  
2017-09-05

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 teaches us that 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 uniquely reveals

nine ways we get lost, as well  
as nine ways we find our way  
home to our true self and to  
God. 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. Praise for  
The Sacred Enneagram:  
"Integrated within these pages  
is Chris's extensive knowledge  
and understanding of this  
ancient tool, along with depth  
in his teaching of  
contemplative spirituality as  
practiced by Jesus. Readers are

offered a powerful way forward in their unique journey of spiritual transformation through aligning Christian contemplative prayer postures to specific Enneagram types." -- Nina M. Barnes, Dean of Spiritual Formation & Leadership, University of Northwestern-St. Paul "The Sacred Enneagram is a groundbreaking contribution to the Enneagram community, providing unique spiritual growth insights for all nine types. If you're not yet convinced of the value, depth, and accuracy of the Enneagram, Chris demystifies and makes this ancient wisdom more accessible than ever." -- George Mekhail, pastor, The Riverside Church NYC

**The Enneagram of Discernment (Type Two Edition)** - Drew Moser

2021-03-30

\*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.

*The Complete Idiot's Guide to the Power of the Enneagram* - Herb Pearce 2007

The Enneagram system has been used for decades to help people understand their strengths and weaknesses, heal neuroses and inner conflicts, enhance creativity, strengthen workplace team-building, and aid in couples therapy. Literally thousands of workshops are held around the globe, from China to Miami. Enneagram counsellors are certified by the world Enneagram Institute, as well as by regional institutes around the world. *The Complete Idiot's Guide to the Power of the Enneagram*, by certified teacher and counsellor Herb Pearce, gives the reader a complete workshop course in this amazing self-enrichment program and includes proven

applications for nearly every important aspect of our lives—relationships, work, and spiritual and psychological development. Written from over 16 years of instructional experience, *The Complete Idiot's Guide to the Power of the Enneagram* takes the mystery and complexity out of this rich system of analysis and allows anyone to benefit from its useful insights.

*The Road Back to You* - Ian Morgan Cron 2016-10-04  
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.

**Becoming Us** - Beth McCord 2019-07-02

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*  
**Mirror for the Soul** - Alice Fryling 2017-07-07  
The Enneagram is like a mirror, reflecting dimensions of ourselves that are sometimes hard to see. In this helpful guide, spiritual director and Enneagram teacher Alice Fryling offers an introduction to each number of the Enneagram, with questions and meditations to lead you into deeper self-awareness and reveal how you can experience God's love more abundantly.  
*The Essential Enneagram* - David Daniels 2009-11-24  
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.

**The Enneagram for Beginners** - Kim Eddy

2020-11-10

"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.

**Keys to the Enneagram** - A.

H. Almaas 2021-10-05

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.

*Sex and the Enneagram* - Ann Gadd 2019-08-27

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.

**Images of Pastoral Care -**

Robert C Dykstra 2005-01-01

This book is an edited volume of works that have predominated over the past several decades in contemporary pastoral theology. Through the writings of nineteen leading voices in the history of pastoral care, Dykstra shows how each contributor developed a metaphor for understanding pastoral care. Such metaphors include the solicitous shepherd, the wounded healer, the intimate stranger, the midwife, and other tangible images. Through these works, the reader gains a sense of the varied identities of pastoral care professionals, their struggles for recognition in this often controversial field, and insight into the history of the discipline. Includes readings by: Anton T. Boisen, Alastair V. Campbell, Donald Capps, James E. Dittes, Robert C. Dykstra, Heijje Faber, Charles

V. Gerkin, Brita L. Gill-Austern, Karen R. Hanson, Seward Hiltner, Margaret Zipse Kornfeld, Bonnie J. Miller-McLemore, Jeanne Stevenson Moessner, Henri J. M. Nouwen, Gaylord Noyce, Paul W. Pruyser, Edward P. Wimberly.

**Parables and the**

**Enneagram -** Clarence

Thomson 2002-01-01

**The Enneagram Made Easy -**

Renee Baron 2009-09-15

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. **Take Care of Your Type** - Christina S. Wilcox 2020-12-15 Discover the self-care tips specifically designed for your Enneagram type with this simple yet illuminating guide from popular Enneagram expert Christina S. Wilcox. Many of us have used the Enneagram of Personality to understand ourselves on a profoundly intimate level. But despite what our Enneagram type reveals, it's not always easy to know the best ways to take care of ourselves according to our unique personalities. In *Take Care of Your Type*, Enneagram expert and social media sensation Christina S. Wilcox uses her knowledge of the Enneagram to illuminate how each of the nine Enneagram types can practice better self-care. Answering questions ranging from "What is the best morning routine for my type?" to "What boundaries are important to set based on my individual personality traits?" this handy guide filled with beautiful color illustrations will help you

recenter and reconnect with yourself amid the stress of daily life and will leave you feeling happier and healthier in mind, body, and spirit.

**Spiritual Rhythms for the Enneagram** - Adele Ahlberg Calhoun 2019-03-12

The Enneagram opens a remarkable window into the truth about us, but simply diagnosing our number doesn't do justice to who we are.

Transformation happens as we grow in awareness and learn how to apply Enneagram insights to the rhythms of our daily lives. Filled with exercises to engage, challenge, encourage, and sustain, this handbook will help us grow in greater awareness and lead us to spiritual and relational transformation.

**The Enneagram Guide to Waking Up** - Beatrice Chestnut 2021-10-01

"An Outstanding book that offers precise steps to take to wake up to the self-limiting habits of your personality, get out of your own way, and give yourself the gift of accessing more of your higher - more

authentic - self." —Ian Cron, author of *The Road Back to You: An Enneagram Journey to Self-Discovery* A fresh approach to the Enneagram that encourages readers to embark on their own hero's journey for transformation.

This is a personal transformation book rooted in the wisdom of the Enneagram system of personality types. It is a book about waking up and growing into the best version of yourself. It is a book that shows you how to discover who you are and what you can be. It is a book about finding your path, facing your shadow, and discovering your true self. It is a good news-bad news-good news story. The good news: you survived childhood. The bad news: in order to grow, you are going to experience some pain. The really good news: you can use your negative habits as a springboard to move beyond them. With a commitment to self-observation and reflection, you can develop greater self-awareness and open yourself up to a life filled with exciting

choices and opportunities. Each of the nine chapters includes these features: The problematic perspective, the process of self-discovery, and the path forward for that type. How the main issues for that type get played out in 3 different ways—the 3 distinct sub-types of the main type (necessary for pinpoint accuracy in describing your personality and your path of growth) Chestnut and Paes, two leading Enneagram teachers, frame this approach to personality types in a way that is accessible, practical, and filled with possibility. Enneagram Transformations - Don Richard Riso 1993-01-29 “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.

### **Discover Your Soul Potential**

- Kathy Hurley 2012-04-03

Discover Your Soul Potential: Using the Enneagram to Awaken Spiritual Vitality shows how to use the Enneagram as a gateway into the full potential of your soul. With it, you can live with simplicity, clarity and

compassion; you will feel inspired to create a new partnership between the ordinary and EXTRAordinary sides of your personality. Authors Kathy Hurley and Theodorre Donson combine insights from mystical traditions with contemporary psychology and their intimate knowledge of the Enneagram to provide this tool for ongoing growth. As part of their life quest to help people live from the power of their own souls, they explain how spiritual vitality can be the privilege, inheritance and responsibility of every human being. On our spiritual journey it seems our hearts yearn for us to know who we are, and the Enneagram is the clearest, most accurate method of understanding the personality traits of ourselves and others. It is based on the theory of three centres of intelligence: Intellectual, Relational and Instinctual, or more commonly referred to as Thinking, Feeling and Doing. Our personality is a unique configuration of the three

capacities inherent in every person. Because of its practical approach, this groundbreaking book makes spiritual vitality easily accessible to all.

**The Conscious Enneagram** -  
Abi Robins 2021-04-27

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.

*The Complete Enneagram* -

Beatrice Chestnut 2013-07-31

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 Marriage of Sense and*

*Soul* - Ken Wilber 2011-08-03

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. [Personality Types](#) - Don Richard Riso 1996-10-29 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 Everything Enneagram**

Book - Susan Reynolds

2007-07-17

A Simon & Schuster eBook.

Simon & Schuster has a great book for every reader.

**The Enneagram Made**

**Simple** - Ashton Whitmoyer-

Ober 2022-01-18

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*.

*The Practice of Pastoral Care* -

Carrie Doehring 2006-01-01

Drawing on psychological, theological, and cultural studies on suffering, Carrie Doehring encourages

counselors to view their ministry through trifocal lenses and include approaches that are premodern (apprehending God through religious rituals), modern (consulting rational and empirical sources), and postmodern (acknowledging the contextual nature of knowledge). Utilizing strategies from all three perspectives, Doehring describes the basic ingredients of a caregiving relationship, shows how to use the caregiver's life experience as a source of authority, and demonstrates how to develop the skill of listening and establish the actual relationship. She then explains the steps of psychological assessment, systemic assessment, and theological reflection, and finally she delineates the basic steps for plans of care: attending to the careseeker's safety, building trust, mourning losses, and reconnecting with the ordinariness of life.

The Enneagram Beginner's Guide - Damian Blair

2020-10-29

Want to discover your true self, but lack a roadmap? Curious about the Enneagram, but don't know where to start? The Enneagram Beginner's Guide is a concise starter book for utilizing the Enneagram of Personality to find true authenticity and develop a better understanding of others around you. Inside, you will learn how the Enneagram works and uncover the process to determine your personality type. Due to its effectiveness in self-discovery, the popularity of the Enneagram of Personality has grown in recent years. Through interpreting the structure of the Enneagram, this book shows you what it takes to become the healthy, confident and effective person you were meant to be. During my tenure as a couple's therapist, I stumbled upon the Enneagram with the sole intention of helping my clients. However, as issues within my own marriage began to emerge, I decided to delve into the Enneagram for myself. After months of careful study and application, I was able to

discover the intricacies of my authentic self and repair the fractured relationships in my own life. As I learned the Enneagram's true power, I decided to write a book to make it easier for beginners to understand and speed up the process of applying its principles. In this book, you will discover A Comprehensive Overview of How The Enneagram Works How The Enneagram Improves Self Awareness and Increases Intelligence The 9 Personality Types and Their Distinct Characteristics Crucial Strategies to Accurately Determine Your Type How To Improve Your Life and Avoid Self-Destructive Patterns How To "Awaken" Your Unique Gifts The Best Kept Secrets To Improve Your Relationships By Understanding Others Around You ... And So Much More! With this guide, you will finally be able to peel back the mask you have worn for most of your life to reveal your truest and most authentic self. Let today be the start of your journey towards self-discovery... Click

'Add to Cart' now!

*The Enneagram* - Don Richard Riso 1987

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.

*Discovering Your Personality Type* - Don Richard Riso  
2003-05-20

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*

**What Really Matters** - Tony Schwartz 1996-03-01

At the height of his career as a journalist, Tony Schwartz hit an unexpected wall. Why did success suddenly feel so empty? How could he add richer meaning to his everyday life? What guides could he trust on the road to wisdom? During the next five years his search for answers took him from a meditation retreat in the mountains of Utah to a biofeedback laboratory in Kansas, from a peak-performance workshop at a tennis academy in Florida to a right-brain drawing course in Boston. Blending the hunger of a seeker with a journalist's hard-headed inquiry, he discovered the best teachers and techniques for inner development--and identified the potential pitfalls and false gurus he met along the way. What he found dramatically changed his life. It may change yours as well.

The Spiritual Dimension of the Enneagram - Sandra Maitri  
2000-03-06

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.

**The Enneagram** - Helen Palmer 2011-11-22

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 & Test Book* - Carly Greene 2020-08-26  
Cultivate a Stronger Sense of Self & Figure Out How You

Can Thrive in Life Using the Enneagram, Complete with the Enneagram Test Book! WHO AM I? How do I live up to my potential and how to I let go of things that hold me back? How can I become my best, authentic self without compromising my relationships? These are just some of the questions we ask ourselves while basking in our solitude. To know who you truly are and how to cultivate a stronger sense of self and purpose, you must first learn to look within, and then figure out what role you play your life and the lives of others. The world is a melting pot of different personalities and points of view. If you don't stop to look and absorb the diversity around you, you won't be able to figure out how to be your authentic self and where you fit into the grand scheme of life. The beauty about the Enneagram is that it gives you the answers you seek. It is a potent tool for learning about the person you see in the mirror every day. So, how can you use the Enneagram to

uncover your true self? In Carly Greene's book, "The Enneagram & Test Book", you will be able to achieve complete self-realization and self-discovery by learning where you belong among the 9 personality types. This complete guide will give you all the tools you need to kick start your journey to becoming your happiest, most authentic self. Over the course of this life-changing 2-in-1 bundle, you will: Get to know yourself better by answering a thorough questionnaire about where you belong in the 9 Enneagram personality types Maximize your inherent strengths and unlearn all the habits that hold you back by reading about your childhood patterns Get to know your fears and motivations, so you can expertly navigate the world around you and have a firmer grip on who you really are Cultivate a stronger sense of self-awareness, so you won't stray from your values, strengths, life goals, and true calling And so much more! Living a truly authentic life is harder to achieve than it

seems. After all, how can we NOT know who we are when we live in our own skin daily? This conundrum has plagued mankind for the longest time, and yet no one has truly figured out the answer... until now! In this guide, you will be able to uncover the secrets to living your best life by looking within. Find out your strengths, weaknesses, and motivations, so that you can finally move forward and have the life you are meant to live! Fast-track your journey to self-realization and self-discovery today!

What's Your Enneatype? An Essential Guide to the Enneagram - Liz Carver

2020-08-04

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 Wisdom of the Enneagram** - Don Richard Riso 1999-06-15

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 Path Between Us Study**

**Guide** - Suzanne Stabile

2018-04-10

This six-session study guide is a content-rich companion to Suzanne Stabile's The Path Between Us, exploring the nine Enneagram types and how they experience relationships.

Individuals and groups will gain deeper insights about themselves, their types, and others' personalities so that they can have loving, mature, and compassionate relationships.

**The Adventure of Self-**

**Discovery** - Stanislav Grof

1988-01-31

Here Grof presents a useful model of the psyche—a model extended by his thirty years of studying non-ordinary states of consciousness. It is useful for understanding such phenomena as shamanism, mysticism, psychedelic states, spontaneous visionary experiences, and psychotic episodes. The model is also useful in explaining the dynamics of experiential psychotherapies and a variety of sociopolitical manifestations such as war and revolution. This book might have been entitled Beyond Drugs. The second part describes the principles and process of the non-pharmacological technique developed by the author and his wife, Christina, for self-exploration and for psychotherapy. Grof explores in detail the components of this technique. He describes its method, its effective mechanisms, as well as its goals and potential. Its practice is simple, since it utilizes the natural healing capacity of the psyche.

*What's Your Tribe?* - Lee

Kingma 2009-12

A practical tool to understand both your own and others' behaviour thus enabling improved relationships both at work and in your private lives.

Understanding the Enneagram

- Don Richard Riso 2000

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

The Journey Toward Wholeness

- Suzanne Stabile 2021-11-02

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.