

# Download Ebook Personality Types Using The Enneagram For Self Discovery

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MillenneagramThe EnneagramThe Road Back to YouPersonality TypesThe Road Back to You Study GuideThe Enneagram Type 6The Enneagram & YouThe EnneagramPersonality TypesEnneagram TransformationsThe Enneagram in Love and WorkAuthentic HappinessPersonality TypesThe Essential EnneagramDiscovering Your Personality TypeWhat's My Type?The Enneagram AdvantagePersonality TypesThe Honest EnneagramCast in God's ImageDiscovering the EnneagramThe Enneagram Made EasyThe Enneagram of DiscernmentThe Me I Want to BeSex and the EnneagramPersonality TypesBrainspottingUnderstanding the EnneagramThe EnneagramDeep CoachingThe Riso-Hudson Enneagram Type Indicator (Rheti, Version 2.5)EnneagramThe Enneagram Type 9Positive IntelligenceUnderstanding the EnneagramThe Wisdom of the EnneagramThe Enneagram Spectrum of Personality StylesThe Enneagram and KabbalahType TalkThe Everything Enneagram Book

Millenneagram Live more harmoniously with yourself and others and discover your own spiritual gateway to God. Together Kabbalah and the personality types of the Enneagram enhance understanding of our deepest motivations, opening us to personal and spiritual growth.

The Enneagram Want to go deeper into the Enneagram? This content-rich companion to The Road Back to You features helpful tools for growth, new material about Triads, five study sessions, and

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additional personal reflections about each type. Whether you are on your own or in a group, this guide will help you to grow in knowledge of yourself, compassion for others, and love for God.

**The Road Back to You** In this important, entertaining book, one of the world's most celebrated psychologists, Martin Seligman, asserts that happiness can be learned and cultivated, and that everyone has the power to inject real joy into their lives. In *Authentic Happiness*, he describes the 24 strengths and virtues unique to the human psyche. Each of us, it seems, has at least five of these attributes, and can build on them to identify and develop to our maximum potential. By incorporating these strengths - which include kindness, originality, humour, optimism, curiosity, enthusiasm and generosity -- into our everyday lives, he tells us, we can reach new levels of optimism, happiness and productivity. *Authentic Happiness* provides a variety of tests and unique assessment tools to enable readers to discover and deploy those strengths at work, in love and in raising children. By accessing the very best in ourselves, we can improve the world around us and achieve new and lasting levels of authentic contentment and joy.

**Personality Types The Enneagram** is a personality assessment theory that describes these nine perspectives in great detail, tracing nine different types of behavioral patterns back to nine different developmental roots.

**The Road Back to You Study Guide** 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.

**The Enneagram Type 6 A** Simon & Schuster eBook. Simon & Schuster has a great book for every reader.

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The Enneagram & You Hurley and Dobson explore how the wisdom of the Enneagram allows you to bring out the best in yourself and others. Delving deeper than other systems of personality exploration, the Enneagram system of nine distinctive patterns of unconscious motivation reveals the primary sources of our behavior and the reasons we live as we do. Through detailed descriptions and discerning self-inventory questions, Hurley and Dobson make discovering your personality type fun and easy. They provide simple, proven methods for neutralizing negative attitudes about self and others and releasing untapped potential. Armed with the Enneagram's insights, readers learn to transform weaknesses into strengths, break free of crippling patterns, choose new ways of relating to others, and enjoy balance and harmony. For example: The Achiever can move from dissatisfied perfectionism to effective leadership and become a Pathfinder. The Observer can move from fear of commitment to curiosity and courage and become an Explorer. The Helper can move from over-involvement in the lives of others to mutual relationships and become a Partner. Inspirational, easy-to-use and practical -- What's My Type? puts the Enneagram system to work for you.

The Enneagram The Enneagram Collection is for anyone who wants to have a deeper understanding of their Enneagram type. The Enneagram Type 6: The Loyal Guardian is an interactive book that focuses on those who have a core desire to have security, guidance, and support. The book explores the unique motivations, longings, strengths, and weaknesses of a Type 6. The Enneagram Type 6: The Loyal Guardian 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

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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 6 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. The system helps people discover what motivates them, their fears, and how best to interact with others. Not a Type 6 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.

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

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

The Enneagram in Love and Work Determine your personality using a scientifically validated method based on the work of C.G. Jung and gain insight into why others behave the way they do, and why you are the person you are. What's your type? Would you rather . . . . . celebrate with the whole crowd or just a few friends? . . . focus on the facts or get an overall impression? . . . go with what "seems logical" or what "feels fair"? . . . keep to a schedule or keep your options open? How you answer these questions is the very beginning of understanding who you are and how you relate to those around you, by using a new and exciting method called Typewatching. Otto Kroeger and Janet M. Thuesen have developed Typewatching from the Myers-Briggs Type Indicator, which was derived from the work of C. G. Jung. Now they have put together the first and only popular guide to the MBTI in Type Talk. Here is a one-of-a-kind guide that describes this scientifically validated approach to "name-calling," a method that has been used for more than forty years by individuals, families, corporations, and governments who want to communicate better. Typewatching as explained in Type Talk is easy to learn and natural to use. With even moderate practice it can help teachers teach and students learn, workers work and bosses boss. It can help lovers love, parents parent, and everyone accept themselves and others more easily. Best of all, Typewatching is fun. Type Talk examines the four pairs of preferences that are fundamental to every personality type: Extraversion/Introversion, Sensing/iNtuition, Thinking/Feeling, and Judging/Perceiving. Kroeger and Thuesen provide a self-evaluation that can be used to determine which of each of these preferences best describes you. They delineate every combination of

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preferences—there are 16 different personality types, so you are sure to find yourself—and they go on to demonstrate how to analyze and evaluate other people as well. Once armed with this knowledge, you will learn how to thrive in a world of so many different types. Here is a celebration of the similarities and differences in people, an odyssey of discovery in which the final destination is success, satisfaction, and serenity.

**Authentic Happiness** 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.

Personality Types "Deep Coaching" operationalizes the profound

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

The Essential Enneagram 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.

Discovering Your Personality Type 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.

What's My Type? 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

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practical insights for anyone interested in psychology, counselling, teaching, social work, journalism and personal management.

The Enneagram Advantage Buckle up, folks. It's time to jump in, embrace your inner self, and release the things that are holding you back from wholeness. Enter the Millenneagram. The Enneagram is an ancient personality typing system that has a sneaky way of revealing who we are and why we do the things we do. Using nine types, it gets to the root of our fears and motivations, unveiling our inner-most selves. Millenneagram reinvigorates the Enneagram by putting a modern spin on the classic nine types. Hannah Paasch, creator of the popular #millenneagram threads on Twitter, reveals how this system acts as a map toward our authentic selves. For Hannah, the Enneagram is not about changing who we are, but rather nurturing and loving our whole selves, even the pain in the ass qualities. "Only from this position of wholeness, rootedness in who we are, what we believe, and what kind of story we are writing, will we be able to act bravely for the sake of justice and humanity – to approach our f\*cked-up world with the grounded courage it asks of us." With her trademark irreverent humor and empowering affirmations, Millenneagram reframes the classic Enneagram types with a fresh perspective and new names that cut right to the chase: #1 The Machine "I'm an Enneagram 1 and I Can Fix This!" #2 The Parent "I'm an Enneagram 2 and Can I Get You a Refill?" #3 The Winner "I'm an Enneagram 3 and All I Do Is Win." #4 The Tortured Artist "I'm an Enneagram 4 and I'm Deeper Than You." #5 The Detective "I'm an Enneagram 5 and I Read an Article About That." #6 The Oracle "I'm an Enneagram 6 and I'm Loyal as Fuck." #7 The Party "I'm an Enneagram 7 so This Might Be Vodka In My Mug." #8 The Dragon "I'm an Enneagram 8 so Nice Try, Bitch." #9 The Wallflower "I'm an Enneagram 9 so Let's Just All Chill Out, Dude." A powerful tool for self-discovery (that doesn't take itself too seriously), Millenneagram is an invitation for introspection and growth. Hannah's revamped Enneagram goes



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beyond simply identifying with a type: it gives us permission to be our truest, enough-as-is, bad-ass selves.

Personality Types Brain-based therapy is the fastest-growing area in the field of psychological health because it has proven that it can immediately address issues that talk therapy can take years to heal. Now Dr. David Grand presents the next leap forward in psychological care—combining the strengths of brain-based and talk therapies into a powerful technique he calls Brainspotting. In Brainspotting, Dr. Grand reveals the key insight that allowed him to develop this revolutionary therapeutic tool: that where we look reveals critical information about what's going on in our brain. Join him to learn about: The history of Brainspotting—how it evolved from EMDR practice as a more versatile tool for brain-based therapy Brainspotting in action—case studies and evidence for the effectiveness of the technique An overview of the different aspects of Brainspotting and how to use them Between sessions—how clients can use Brainspotting on their own to reinforce and accelerate healing Why working simultaneously with the right and left brain can lead to expanded creativity and athletic performance How Brainspotting can be used to treat PTSD, anxiety, depression, addiction, physical pain, chronic illness, and much more “Brainspotting lets the therapist and client participate together in the healing process,” explains Dr. Grand. “It allows us to harness the brain's natural ability for self-scanning, so we can activate, locate, and process the sources of trauma and distress in the body.” With Brainspotting, this pioneering researcher introduces an invaluable tool that can support virtually any form of therapeutic practice—and greatly accelerate our ability to heal. “David Grand is one of the most important and effective psychological trauma therapists now practicing, and his development of Brainspotting is a very important leap forward in helping people resolve trauma. Brainspotting is a remarkable, sophisticated, flexible addition to the therapeutic toolkit of any psychotherapist. I know because I use it

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regularly, and find that, combined with the psychoanalytic approaches I normally practice, the results are astonishingly helpful. Using it, one becomes amazed at the extent to which our traumas can be detected in our ordinary facial and eye reflexes, and how, by using these windows to inner mental states, many traumas and symptoms can be rapidly relieved. Grand writes clearly, and the cases, dramatic as they are, are not exaggerated.” —Norman Doidge, MD, FRCPC, author of *The Brain That Changes Itself*; faculty, University of Toronto, Department of Psychiatry, and Columbia University Department of Psychiatry Center for Psychoanalytic Training and Research

**The Honest Enneagram** 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.

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

## Discovering the Enneagram

The Enneagram Made Easy “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 of Discernment 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-

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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 Me I Want to Be "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 Risco.

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

Personality Types 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."

Brainspotting Type 9: The Peaceful Mediator, from The Enneagram

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

Understanding the Enneagram 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

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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 Enneagram 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. How does your personality type help and hinder your ability to make wise decisions? *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 as a tool 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 9 key questions each of us must consider when faced with a decision. Each of these 9 questions are groups into three triads: The Vocation Triad, The Wisdom Triad, and The Practice Triad.

Deep Coaching Don Richard Riso, M.A., is the most widely published and the bestselling author of books on the Enneagram.

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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.

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

Enneagram 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 Type 9 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.

Positive Intelligence 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

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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* Provides a curriculum to guide teens in growing spiritually and understand how to live life as God desires.

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

*The Enneagram Spectrum of Personality Styles* 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 and Kabbalah* Offers profiles of nine personality types, tells how to avoid misidentifications, and offers advice on becoming aware of one's own personality type.



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Type Talk 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

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Enneagram type, intimate giving and receiving can be an empowering process to embody our love for ourselves and others.

The Everything Enneagram Book 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.

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