

Personality Types

USING THE ENNEAGRAM
FOR SELF-DISCOVERY



COMPLETELY REVISED AND UPDATED
with All-New Information on the Levels of
Development within the Personality Types

DON RICHARD RISO
WITH RUSS HUDSON

Don Richard Riso

Personality Types: Using the Enneagram for Self-Discovery



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" The Enneagram can be an extraordinary framework for understanding more about ourselves. Furthermore to updating the descriptions of the nine personality types, Personality Types, Revised significantly expands the accompanying guidelines and, for the very first time, uncovers the Primary Dynamics, or Levels of Development, within each type. This increased specificity will allow therapists, social workers, personnel managers, learners of the Enneagram, and general visitors alike to use it with much higher precision because they unlock the secrets of self-understanding, and therefore self-transformation. No matter from which point of view we treat it, we discover new conjunctions of fresh and old tips. This skeletal system provides far more information regarding the inner pressure and actions of the nine personalities than has previously been published." So writes Don Riso in this extended edition of his traditional interpretation of the Enneagram, the ancient psychological program used to comprehend the human personality.



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This book changed me I discovered this method of personality analysis from a co-employee. He left the first edition of the book on my desk at work. He told me I was a certain personality type, that i did not believe since I sensed that people are a variety of all kinds of personal history, religious beliefs, etc. When I find out about the type he had described as me, I was astounded. It was as if someone wrote down my thoughts. Till that point I had been a fairly depressed person without cause to believe my entire life would improve. I focused on the positive attributes of my personality type to realize a fresh awareness about myself. Clear, comprehensive, most helpful This is by far the most helpful of the self help books I have read. The trip of most 12 Enneagram personality types as they descend in a unpredictable manner to become the person they dread the most is definitely riveting reading. This book has changed my life. Heart opening This book has been central in helping me understand myself, my good and not-so-good stuff, as well as those of my love.. I would like to know more about how exactly to grow, not how exactly to fall apart. Knowing more about being human today If you're seeking to understand people and why they are or do things you merely don't know why. When you find yourself, it feels like being found out by a skill scout from Hollywood; Personally i think like now that I understand why I really do this I can turn into a healthy four. So far, it's been ideal for self-discovery and managing interpersonal situations (for those with my particular character type). The Good, The Bad & How did I hear about this book? When you browse the long, comprehensive explanation of your personality type, you will certainly understand it, for better or worse. Most insightful publication I've ever continue reading understanding why is people tick and why what motivates one individual doesn't motivate another. This book changed my life! You would hardly ever believe it, but all laid out like this, it creates perfect sense. Having said that, the bummer is it talks about how personality types unravel, however now how they improve, which casts a poor tone of doom over the complete book. it reveals the way one must go in order to come back to where it started & they really gave some considered to how each kind acts if they are psychologically healthful and how they act if they are unhealthy, or simply average. They don't really just churn out boring text message about different personalities; It explains why you must do what is not instinctive to become whole. There is actually a conclusion of how we end up being the character types we become, through parental identification. I've found this reserve to be so useful in understanding others and, most importantly in understanding myself (a work in progress). Great for self-discovery I'm a 6 with a 5 wing, therefore i have a great deal of anxiety and dread about unknown situations, presenting and public speaking, speaking with others, and using out future conversations with my internal "committee". This book can make you a lot more empathetic (unless you're a sociopath then you'll just be 50 situations better at manipulating people). I did not read it cover to cover, instead I read the general summary of every type and went into even more depth as I encountered (interrupted) those character types (I have yet to read everything). If you are a four I'd def suggest scanning this. All has result in major positives in my life. The Ugly It's all covered here. My dad is usually a retired therapist of 30+ years. He recommended this book to me as a starting point for understand how others operate (I was interviewing for a fresh job at the time). Character Types in a Poetic System This is a great book that highlights the 27 personality types of the Enneagram personality system. All people are using one of the nine points of the enneagram. I experience like I am aware my fellow human beings 500% more than . This publication does. I'm a nine, the most abused and hated of these all. Possibly moreover you'll understand how different our fears are based on our personality types and their biggest inherent insecurities. riso Points out that a nine becomes the very best point, no one else highlights the possibilities of improvement and what that means.. The Enneagram (and especially Riso's thorough and well articulated explanations) is infinitely even more enlightening, thorough, lucid, and Particular than Carl Jung's personality test. Nobody points out what happens if a person raises self esteem, awareness and other restrictions. this is actually the quick and dirty method of gaining self awareness. Strongly suggested; The entire spectrum of (mental) health is covered, from top-form (which is quite rare) to very cheap (which hopefully is uncommon, too). But I've spent a lifetime improving the above. try it, it muey pronto. I feel like I am aware my fellow humans 500% more than I did so before. I am not really going to go into the particulars (you can browse more in what the enneagram is and how it pertains to individuals in additional reviews) but not just did Riso's publication give me a better understanding of myself, it also helped me tremendously with understanding others. I want this were needed reading for high schoolers and young adults racking your brains on who they are and why they

don't usually mesh with others around them. The just enneagram authors I read. Wish there have been more stars to give it. Pronto self awareness. Each kind is given an intensive description, including problem areas for people of every type and what goes on when see your face becomes psychologically harmful or becomes much healthier, up with their peak. I purchased the book to discover myself, of program, and I did so that, but I love to read it every once in awhile to check out other people's types and see if I can body out which type applies to which friend. To me the best portion of all this is actually the poetry of the authors. pleasure. achieve an inner-peace & I've constantly retreated into my imaginary existence which only prospects to my major depression and I've spent my very existence making decisions based off my fleeting emotions only to regret them later on. the descriptions are flattering therefore well said that you will love finding you. Get Your knowledge upon. You can pick and choose it up for some bucks on Amazon utilized books and enjoy it for weeks as you chew through the types and assign your friends and family their personality.. everybody should personal a copy of the book. Best author! I couldn't recommend this book more empathically. I'm not used to understanding the enneagram but I'm so pleased I stumbled on this.. Life changing reserve. Skip the preface and get to the nice stuff. I've browse tons about being truly a Gemini, infp, hsp but nothing at all has ever made as much sense if you ask me in describing why I really do certain items. Also, he offers another publication (one of many), The Wisdom of the Enneagram, that I am also reading which I find less technical but also a good read. This book really helped me evolve. It helped me understand myself, my spouse and children by offering apparent explanations of personality types and their dynamics. This is a big book, over 500 pages, in fact it is stuffed with information. explore your character type and others GOT TO KNOW what your ennagram # is and those that you wish to learn more about. My whole life I thought I was just crazy. Or if you would like to evaluate yourself and know very well what others might find in you, that is a handy little pocket friend. Five Stars This was so helpful to me, I was able to identify myself easier than with the free web tootls Four Stars Super good. A detailed information with a fatalist bend I take advantage of this book as a guide, not really a cover-to-cover read. It is not a self contained unit, rather, you probably want to begin with an easier typing system (online) and move into this once you know your type and understand Enneagram basics. I really like the depth and detail of this book and it's helped me understand myself and the foreign behaviors of others. The reserve doesn't leave it there; I'm an individualist type four and the explanation of my character is indeed accurate it's scary.



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