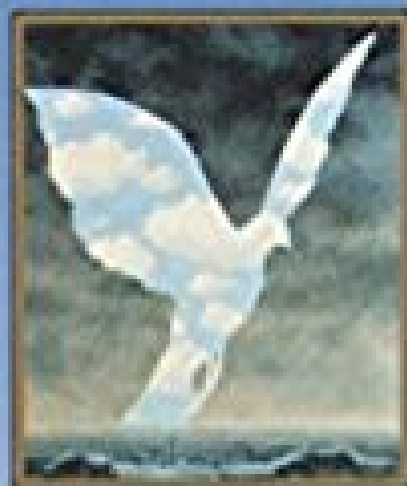


THE WISDOM OF THE ENNEAGRAM



THE COMPLETE GUIDE TO
PSYCHOLOGICAL AND SPIRITUAL
GROWTH FOR THE
NINE PERSONALITY TYPES



DON RICHARD RISO AND RUSS HUDSON

BESTSELLING CO-AUTHORS OF *Personality Types*

Don Richard Riso

The Wisdom of the Enneagram: The Complete Guide to Psychological and Spiritual Growth for the Nine Personality Types



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The first definitive guide to using the wisdom of the enneagram for spiritual and psychological growth. The ancient symbol of the Enneagram is becoming among today's most popular systems for self-understanding, predicated on nine distinct personality types. It offers a thrilling vision of human probability and a clear map of the nine paths to your highest self-expression. 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 Begins, Wake-Up Calls, and Red Flags for each type. A large number of individualized exercises and practical approaches 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. Whatever your spiritual background, the Enneagram shows how you can overcome your internal barriers, realize your unique gifts and strengths, and discover your deepest path in life. Now, two of the world's foremost Enneagram authorities introduce a powerful new way to use the Enneagram as an instrument for personal transformation and development.



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This is the best book out there on the Enneagram that I've . But I am 54, I know myself perfectly, and it was all true. Character: from disorders to enlightenment Now I finally, really understand the Enneagram. I've never met anyone like me, so I was stunned to observe I was a "personality type" with sub-types. Not only are the descriptions of each type thorough and useful, but there are several great suggestions and manuals to get to a more healthy level. The best part of the reserve is how in depth it goes beyond just the types. From Wikipedia - "The Enneagram of Personality has been widely promoted in both business administration and spiritual contexts through seminars, conferences, books, journals, and DVDs. very insightful.. It's been described as a way for self-understanding and self-development. However, of the several books I've read on this topic, that one is the best. These character types (determined in the 1950s) are now backed by neuroscience. What we value (control, connection, certainty) determines where your attention is directed. Includes helpful diagrams as well. Anyone who would like to understand character from disorders to enlightenment should browse this book or learn about the Enneagram! I REALLY LIKE this manual. That is a really "textbook" enneagram source. It is the most thorough, engaging in the different amounts, wings, and triads at length. Also, more organized devoid of they construct and present the content. The brain likes to specialize in a "default" emotion: anger (control), shame (connection), and dread (certainty). The Enneagram of personality is an excellent tool to assist you better understand yourself and others. It's also great to comprehend where you're at and what it appears like or what it takes that you should "transcend" and really maintain your element, as they say, being a healthy, self-confident, effective and useful person in the world. Helps you reach your potential! Once I found out which character I was my life started to make so very much feeling and I was relieved to find out that my childhood was how I progressed into this personality and that I could change my existence easily wanted. I was reading a Richard Rohr's "Falling Upward" when he referenced the usage of an Enneagram. Fun to learn. It is the best way I've seen to interpret the personal/SELF and just how we play our life out. Very great insight into character type(s). It details the instinctual variants, the subtypes, the wings, etc. In business contexts it really is generally utilized as a typology to gain insights into workplace dynamics; in spirituality, it really is additionally presented as a way to higher states to be, essence, and enlightenment. The missing piece for me was that the instinct (default emotion) for care-givers, go-getters, and individualists is certainly shame rather than sadness." This book changed my life. The enneagram has been along for a long time and I am amazed I haven't found out about it until now. I've read so many self help books thru out my entire life and I under no circumstances was told concerning this. I think it could have preserved me years of looking for the right book if I had discovered it sooner. Fully featured introduction into The Enneagram of Personality Very useful - if used. I am SO surprised at just how much I love this book. A therapist suggested We take this test and he gave me the book, the Wisdom of the Enneagram to go along with it. It can be differently a must read if you want to improve or understand yourself better because switch only comes with knowledge. This is my 5th copy. I did so it for myself no one else and I am content I read this and I going to keep incorporating this into my entire life as it does consider awhile to change previous patterns but is normally can be done and you'll be happier when you do. My next highest rating was a different character type, but that type will be a lot of me as well. What's interesting in this book is that they present if the individual in this character type offers integrated well what characteristics you will notice, and if indeed they have disintegrated, how many other traits you will notice. This is the best book out there on the Enneagram that I have come across. The first time I read my character type, the highest rating I received on the check, I was stunned to start

to see the depth of the persona they were describing, and it had been me to a tee. During the first reading, I was shamed, embarrassed, felt vulnerable, uncovered naked to the globe... In any event, the quantity of detail and depth they offer to the character type is alone astonishing. It was as though psychologists had been studying me most of my life and then wrote about me. After I scored my check, I gave it to him to help make the chart, and then we talked about it. I browse the book afterwards. An Insightful Read. Clearly the founders of the check know me better i quickly know myself. Exceptional writing and organization. I actually am a wholistic health and energy administration practitioner. Any meals or supplement or reading I take advantage of that I consider vital that you my mental, physical, emotional, spiritual health is examined energetically for the "truth" and integration of it before my consumption. I've no life to waste on careless intake in these realms. My recommendations reflect this process. Best of the Enneagram Books This is actually the best of the Enneagram books, for me, and I've read about 10. Looked it up, bought the reserve, typed my character using the Enneagram method then, went the extra, and confirmed type by filling the type assessment by filling in a 140 question evaluation online at a recommended website. So very helpful to understand the self/Personal and others and allow for the forgiveness and understanding and gratitude and problem that enable the cultivation of one's truth and true self/SELF. Great book. Great book with lots of insight into personalities. extremely happy. If you want a complete and extensive publication on the Enneagram, this is actually the one. I would think in the event that you were component of a couple, you would learn the deeper aspect of your partner by doing this test individually, creating your own chart, and reading about your types in Wisdom of the Enneagram.. Another two times I read it, more sunk in. I was able to categorize myself properly and will always have this book readily available for self discovery. The knowledge this book provided me about myself was i'm all over this and it taught me how exactly to think differently to escape the aged patterns I had created and is making me a better person that I wanted to be. My pal told me how much she has enjoyed reading it and I thought I would order it to provide it a go. Honestly, it is shocking just how much you can learn about yourself through childhood text messages/invisible factors.. Only 4 stars, however, not because the book is bad, but because reading material on this topic must be consumed in context - taking into account other things you already know. this is an excellent place to start The Enneagram can be an interesting topic and for those who want to learn more about it, that is a great place to begin. If not, you could be like a pet chasing his tail, trying to seize something which is merely out of reach. I really like that it gives a level for how each kind evolves. The most insightful and best researched The most researched opinions on the Eneagram. For the human journey, indispensable! Completely accurate and the depth of knowledge is unbelievable. Very insightful Very informative and insightful Very comprehensive! Great for personal and spiritual growth! Fascinating read! I am extremely impressed by the writer's insight. I was intrigued.



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