

Diving In

A sailboat with black sails is sailing on a blue sea under a blue sky with clouds. The title 'Diving In' is written in a large, blue, cursive font across the top of the image.

*Discovering Who You Are
in the Second Half of Life*



Mark Bodnarczuk

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Diving in: Discovering Who You Are in the Second Half of Life



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Diving In is definitely a teaching novel about the Enneagram model of personality. Visitors are invited to journey along with nine those who are given an opportunity to experience deep, sustainable change as they take part in a life-altering workshop that's combined with a scuba diving expedition in the breathtaking, azure waters of Indonesia. Over six days, they are challenged by their teacher to carefully examine the how and why of the lives that they've made for themselves. for enhancing creativity and effectiveness; The reserve offers manageable formulas for creating healthy, growth-oriented associations; Diving In changes the way you discover yourselves, others, and the globe around you. and for surmounting actually the most robust personal problems.



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Diving In to Who You Are Mark does a fantastic job of weaving what may be considered the "pop-psychology" enneagram with deep introspection and Jungian psychoanalysis into a nifty, metaphorical ocean diving story. He successfully overcomes the temptation to seek easy answers from the enneagram overlay. Rather he provides, as he states, a shortcut mapping of the deeper elements of the conscious self and the "Triangle of Duplicity. Diving In - to the book was a fascinating experience! The best phrase from the book, or at least the one that spoke if you ask me the strongest originated from Nikki, during an epiphany, that we are bound between your self that we were and the self that people are becoming - the existential now. Diving In helped me learn to pay attention, acknowledge and action on the deeper levels of consciousness. There is absolutely no "I" in charge. I grok the "existential now." Mark all-to-briefly explores creativity. And although his thoughts on the subject seem to be strongly influenced by Rollo May, Mark's effective restatement of the essence of creativity -why it's required and just why it's feared - affected me deeply. Through a number of teaching sessions followed by situations of reflection, DIVING IN offers valuable insights for shifting toward a existence of significance. You won't be disappointed. Diving In:Discovering who you are in the second half of life Excellent! The essential connection from these two approaches is the same. I am aware, or at least I am starting to understand, the meaning of those words. There is absolutely no ghost in the device.This book has made me hungry for more. Amazing Reserve! Discover Your Inner Self. Mark Bodnarczuk's reserve "Diving In: Discovering Who You Are in the next Half of Life" takes you on a five time scuba adventure where you learn to explore your inner self. I found Mark Bodnarczuk's reserve "Diving In: Discovering Who You Are In The Second Half Of Existence" to become a fascinating browse. Having been able to identify my very own personality blind places, I now understand the blind areas in the personality of others enabling me to separate someone's character from what I previously thought was personal. The principles Mr. A must have in the event that you "sharpen the saw" in your life. Anyone desperate to understand their personality and discover who they are, will find this a must read reserve. But heretofore, I've approached the topic from the biological part of the biological-psychological user interface. Diving Below the Surface We all come across ourselves isolated and asking the age-old queries, "Who am I? The plot is normally compelling and draws you into each individuals story. It has helped modification the way I look at myself and the way my wife and I communicate with one another. She and I now have a common language that people can communicate for the reason that has helped our marriage and will benefit us later on. I would recommend this reserve to anyone that comes with an interest in learning about themselves and is searching for a way to explain what they may be experiencing in lifestyle. Not only is this an interesting teaching novel but a work that will profoundly effect

peoples lives. A life changing book This book is amazing." and "What must i be doing with my life?".I'm naturally drawn to this introspection of the personal. The overview descriptions of the 9 Enneagram Types catch each Type "at its best" in addition to "when under pressure". Extremely eye-opening!" This mapping provides useful tools and labels to comprehend the more technical, underlying principles. His publication has trained me to identify the red flags in my personality and provided me with the foundation to make deep life altering changes. I have always been thinking about the "Enneagram" as an instrument for dealing with differing personalities, but experienced trouble distinguishing between the nine character types. By putting names and histories to each of the nine personality types Mark's cast of personas made the distinction seem obvious. Although I cannot adequately explain it with regards to the various thoughts and principals Mark presents, I can inform you that I have already been seeing the globe, and myself, in different ways since reading this book. I highly recommend this book! Beyond Success Toward Significance The modern age has forced us to become narrowly focused and compartmentalized in a little world. Isolation units in and two inescapable questions haunt our thoughts: "Who am I?" And, "What must i be carrying out with my entire life?! Told in a tale format, the "lessons" it teaches begins you on the trip to self enlightenment. An amazing read. Couldn't place it down and solidified the missing pieces of human awareness in existence. A "Gift" that may change how you see yourself. Bodnarczuk supplied me with has generated immense psychological growth within me benefiting both my own and professional lifestyle. You will not be disappointed. I've enjoyed the books by Steven Pinker (The way the Mind Functions and The Blank Slate)." Through a series of teaching sessions followed by situations of reflection, DIVING IN gives valuable insights for shifting beyond success toward significance--discovering who we are and answering our calling. Will reference over and over. Tag touches on some extremely serious inner problems in a great easy reading reserve. The diving offers some reflective insights in to the core of the book and kept my curiosity as I transferred from session to session. It includes the reader the chance to go futher within to find their true personal and shadows that inhibit their development. It provides givin me insights into how I can improve my business and personal interactions. Who hasn't heard that little inner tone of voice and wondered where it was coming from. A tremendous reserve for an insightful look into who we are It really is a "self-learning and understanding" workbook set within a descriptive and entertaining context. Peace in who I am. It's an idea that I've comprehended intellectually for several years - understood the concept and the meaning of the words, but this book brought home to me the important meaning of those words. These are particularly useful in understanding our very own personal and professional associations. Diving In - Discovering Who You Are Bodnarczuk's use of scuba diving and

its own solitude helps the reader understand the importance of looking inside ourselves more deeply. Diving In: Discovering Who You Are in the Second Half of Life Diving In isn't another "self-help" book.



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