



THE **COMPLETE** ENNEAGRAM

27 Paths to Greater Self-Knowledge

Beatrice Chestnut, PhD

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The Complete Enneagram: 27 Paths to Greater Self-Knowledge



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With her guidance, readers will figure out how to observe themselves, encounter their fears and disowned Shadow elements, and function to manifest their highest potential. In this comprehensive handbook, Beatrice Chestnut, PhD, traces the advancement of the personality as it relates to the nine types of the Enneagram, the three different subtype forms each type can consider, and the road each of us may take toward liberation. The Enneagram—a universal symbol of individual purpose and possibility—is an excellent tool for doing the hardest section of consciousness work: realizing, owning, and accepting your strengths and weaknesses.



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Great for more complex Enneagram enthusiasts! This is actually the third book I've purchased on the Enneagram, and I've definitely enjoyed it the most - however, I wouldn't recommend this book to beginners. If you are not used to the Enneagram, I'd focus on *Discovering Your Character Type* by Don Richard Riso and Russ Hudson, which include the Riso-Hudson Type Indicator - a fairly intensive test to determine your type - and a brief overview of the 9 personality archetypes. *The Wisdom of the Enneagram* is a great book for a more in-depth understanding of the character types. Right now for my actual review! Beatrice Chestnut's book builds off what Riso and Hudson perform in *The Wisdom of the Enneagram*, but will go a lot more in-depth. If I didn't already have plenty of background knowledge, I would not need enjoyed this book as much as I did. I especially appreciated her study of the subtypes, which she explains in great fine detail, and her explanation of the counter-types. The discussion is well-structured around the nine basic types and the esoteric structure of the enneagram, itself. Beginners will see her general descriptions of the types enlightening. General, an excellent read and buy! These types are believed as arising out of archetypal patterns of responses children might have to their environments, especially with respect to producing adaptations for survival that are irreversible and carry into adult lifestyle. These adaptations have a shadow side of human characteristics that cannot be adequately incorporated in the survival strategies. It offers you terms to solidify your expectations, motivations, and fears, and helps identify practical regions of growth based on you function in a different way than others. Chestnut discusses all of this remarkably clearly. It is relatively complicated by the dynamics of the enneagram. She actually is very thinking about discussing how we can grow as human beings, given our natural, frequently adaptive, survival strategies. I maintain buying it and offering it away to family and friends. All of this is discussed in a manner that clearly shows how the 27 subtypes might help us to understand human behavior. The publication represents a significant achievement, and is particularly to be recommended in case you have some understanding, already, of the enneagram. I'd have enjoyed to have observed a fuller treatment, specifically of the wings, however the author has done an excellent job using what she does consider. There is a far more complex part to the enneagram, which pertains to comparing the types in pairs, such as comparing type 5 and type 6. The writer gives a demonstration of the 36 comparisons within an appendix. That is extremely helpful for approximately identifying your type, if you don't already know it. Much better than most books about the Enneagram, like the more famous books *We are an Enneagram* and *Typology* consultant and this is one of the finest books I've read on *The Enneagram*. Chestnut reaches the cutting edge of exploring and explaining the elements of this system. Definitely something to add to the collection! an interesting perspective on the enneagram This book provides some very helpful points of view on the enneagram. Many advanced learners will be exposed to in-depth evaluation on what "subtypes" actually means in a way that is not usually resolved, except by Naranjo in works that aren't generally translated into English. So Much Info. Chestnut has a true present for writing, aswell.! That's a problem, nonetheless it doesn't eventually make me think less of the book or the book's importance. Five Stars Great resource.! Excellent, full of insights I you are looking at the transformational power of the Enneagram, this publication is full of insights for understanding your own motivators and other's. Dr. Chesnut gives an objective and informative launch to the Enneagram's admittedly challenging format, clearly explaining ideas such as development and regression paths, type interactions, and archetypes. My only issues are that, occasionally, she uses quite unflattering (bordering on insulting) descriptions of several subtypes, which doesn't feel all that useful and isn't consistent with what I discover in real life, Several times, it can be as if she is only concerned with the

bottommost degrees of specific subtypes, or that she may have a few biases she's not accounting for. We ordered this book when I found that Riso and Hudson's books weren't giving me the depth of knowing that I wanted. The character types are actual and helpful, in fact it is relatively free of psychobabble and modern gibberish. Very helpful in diving deeper into the study of the Enneagram. This book is quite detailed and dives deep into the wisdom of the Enneagram. So worth it! It even includes a section for identifying how numerous kinds are mistakable for every additional, and what the primary differences are. I recommend it over most others for both beginners and advanced learners.! I am acquiring it very useful in my understanding of how "spot on" the Enneagram is regarding personalities--at least for my own self-awareness. I've studied the Enneagram for almost a decade, having caused several different teachers. My personal perspective is certainly that Claudio Naranjo's understanding of the 27 subtypes, which Bea aims to elucidate in this publication, is a critical element to the model that lots of other Enneagram teachers possess thrown aside for more simplified methods to the 27 variants. As a devoted pupil of Claudio Naranjo, I see Bea's book as an excellent honoring and celebration of the work of the primary innovator of the Enneagram, and as an executive trainer, it has become one of the only Enneagram books I invite my clients to read. The best. Best text I've ever read on the enneagram. Each enneagram type offers three subtypes (hence a complete of 27 subtypes) based on whether our mode of adaptation targets a far more solitary orientation alive, a more cultural orientation, or an intimate intersubjective orientation. The territory of the subtypes is explored with impressive nuance and compassion (an issue which famous Western teachers have got ignored or been so excruciatingly general about in order to almost be useless, including-maybe especially--Riso and Hudson). Love this book. Clear and easy to read :) Very Happy! Best Enneagram Book Out There First: in case you are unfamiliar with the Enneagram, buy this reserve! It has very detailed analyses of each type, with more information about instinctual variants that I found truly helpful. A great honoring and celebrating of the subtleties of the task of Claudio Naranjo I therefore appreciate Bea's thorough and insightful approach to teaching the Enneagram through this publication. Great enneagram book This book was recommended by my therapist to learn. It clarifies the enneagram perfectly. Strange symbols and vocabulary aside, the Enneagram is an excellent tool for self-discovery and understanding, and totally changed my life. With this understanding comes compassion for self and others. Illuminating Liberating self knowing Enlightening Read this in case you are ready to devote the effort to create some powerful changes in your life. I was surprised at how readable the reserve was and how relatable. That is a great "textbook" for those exploring the Enneagram. Simply clear, concise ways to understand some deeply ingrained patterns you have that may no much longer be working out for you.



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