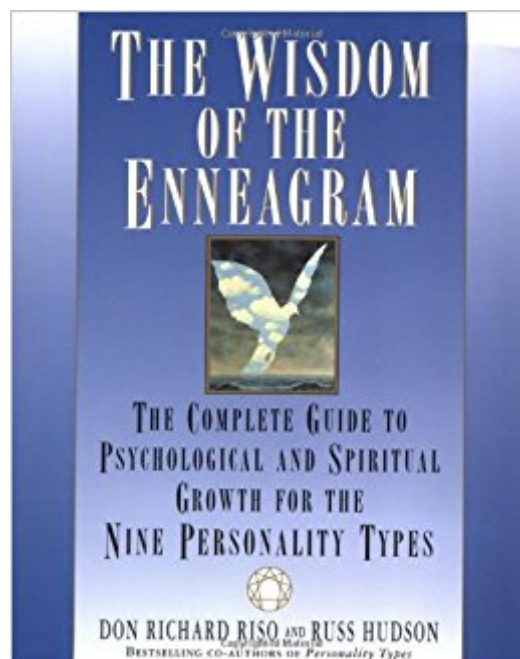




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The Wisdom Of The Enneagram: The Complete Guide To Psychological And Spiritual Growth For The Nine Personality Types



Synopsis

The first definitive guide to using the wisdom of the enneagram for spiritual and psychological growth. The ancient symbol of the Enneagram has become one of today's most popular systems for self-understanding, based on nine distinct personality types. Now, two of the world's foremost Enneagram authorities introduce a powerful new way to use the Enneagram as a tool for personal transformation and development. Whatever your spiritual background, the Enneagram shows how you can overcome your inner barriers, realize your unique gifts and strengths, and discover your deepest direction in life. 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 Starts, Wake-Up Calls, and Red Flags for each type Dozens of individualized exercises and practical strategies 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. It offers an exciting vision of human possibility and a clear map of the nine paths to our highest self-expression.

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Customer Reviews

Recommended by two highly credible authorities, consciousness explorer Ken Wilber and spiritual-growth guru Harville Hendrix, this compendium of Enneagram information was assembled by the cofounders of the Enneagram Institute as an introduction to the subject. Designed with a

plenitude of charts, boxes, and quotes (by noted illuminaries such as A.H. Almaas, Maya Angelou, and G.I. Gurjieff), this exceptionally easy-to-use, manual-size paperback teaches the reader how to figure out which of the nine types she is, identifies red flags to self-illusion, and provides practical suggestions for spiritual growth. Advice on how to observe your type's fixations and let go of the need to act out automatic and dysfunctional behavioral responses are down-to-earth and attainable. A distinctly accessible approach to cultivating daily happiness through understanding the complexity of fixations that weave together human personality types. --Randall Cohan

"The Wisdom of the Enneagram is a very important book. By combining the horizontal types of the Enneagram with a system of vertical levels of awareness, Riso and Hudson have produced one of the first truly integrated models of the human psyche. In addition to the importance of this pioneering work itself, it goes to point up the utter inadequacy of anything less than a full-spectrum model of human growth and development. Highly recommended."--Ken Wilber, author of *The Marriage of Sense and Soul*"I highly recommend this book, not only to anyone on the path of personal transformation, but to anyone who wants to understand the complex inner world of others, whether a spouse, family member co-worker or friend. The questionnaires were fun and illuminating. I received some very helpful information about myself, felt challenged to grow and experienced a deepening of compassion. Perhaps the most profound contribution of *The Wisdom of the Enneagram* is reflected in the word "Wisdom." The authors clearly communicate the complexity of human nature, the spiritual yearning resonant in all of us, and the ascending levels of our possibility. But they do not leave us there. They offer a clear path for personal and spiritual evolution."--Harville Hendrix, Ph.D., author of *Getting the Love You Want*"Don Riso and Russ Hudson thoughtfully engage the richness and depth of the Enneagram, and conjure with its power as a tool of transformation. *The Wisdom of the Enneagram* is filled with its own wisdom and depth. You'll find yourself returning to it over and over again and discovering new treasures."--Tony Schwartz, author of *What Really Matters*"The Wisdom of the Enneagram is not only a clear and comprehensive description and discussion of this ancient personality typology, but also a major and original contribution to its use and further development. Don Riso and Russ Hudson have designed simple practical guidelines and tests that make it possible to determine one's own personality type and use this knowledge for healing and psychospiritual transformation."--Stanislav Grof, M.D., author of *The Adventure of Self-Discovery*

A therapist suggested I take this test and he gave me the book, *The Wisdom of the Enneagram* to go

with it. After I scored my test, I gave it to him to make the chart, and then we discussed it. I read the book afterwards. I have never met anyone like me, so I was stunned to see I was a "personality type" with sub-types. The first time I read my personality type, the highest score I received on the test, I was stunned to see the depth of the persona they were describing, and it was me to a tee. During the first reading, I was shamed, embarrassed, felt vulnerable, exposed naked to the world. But I am 54, I know myself very well, and it was all true. The next two times I read it, more sunk in. In any event, the amount of detail and depth they provide to the personality type is in itself astonishing. It was as though psychologists had been studying me all of my life and then wrote about me. My next highest score was a different personality type, but that type is a lot of me as well. What is interesting in this book is that they show if the person in this personality type has integrated well what traits you will see, and if they have disintegrated, what other traits you will see. I would think if you were part of a couple, you would learn the deeper side of your partner by doing this test separately, creating your individual chart, and then reading about your types in Wisdom of the Enneagram. Clearly the founders of the test know me better than I know myself.

This book has some of the most practical psychology advice I've ever read. I have many books on Jungian psych and after I bought this one there were only a couple others that could even come close. The sidebars are helpful and the writing is very effective overall. Not so packed with information that it's hard to read, but dense enough (and thick enough) that you are getting an amazing deal by buying this.

I am a wholistic health and energy management practitioner. Any food or supplement or reading I use that I consider important to my mental, physical, emotional, spiritual health is tested energetically for the "truth" and integration of it before my consumption. I have no life to waste on careless consumption in these realms. My recommendations reflect this process. I LOVE this manual. It is the best way I've seen to interpret the self/SELF and the way we play our life out. So very helpful to understand the self/SELF and others and allow for the forgiveness and understanding and gratitude and challenge that enable the cultivation of one's truth and true self/SELF.

I had a friend give me the RHETI personality questionnaire (144 paired statements) and I'm very happy I decided to invest the time. With this book I'm able to really comprehend what it means to be a 9 with wing 1, 9=the Peacemaker and 9w1=the Dreamer. This fits me so well and has enlightened

me on how I get caught up in projecting myself in the future, sometimes to the point I become detached and unsatisfied just because I'm failing to live in the moment. This may be an extreme connection but before this book I was quite the sloth. Completely fine with my mundane routine of letting life pass by; I'd go through the daily motions with work and my daughter but I did not EMBRACE life. Since reading up on myself, essentially, I've decided spirituality is a big part of who I am so I decided to go back to church. This book combines the science of psychology with very simplified spiritual ideologies that allows a person to acknowledge quirks in their type and also gives ways to improve on them to aid in better communication, empathy, and overall JOY for life.

As a writer of fiction, I use this book to get to know my characters. It has both broad sweeping strokes and more detailed examples and descriptions, but not so much that it boxes a person in. As a human being trying to make my way in the world, this book is also a brilliant go-to source for learning how to break out of our ruts. My Enneagram was so right on I had to laugh when my daughter used one of the words associated to my enneagram on a Mother's Day craft project from school. It could seem like a negative, but it is not, it's about working with these types for the better.

Ever wonder why you are the way you are? This book will tell you. It will give it to you straight, in an honest and un-negative way. This book will point out all your flaws, and just how to overcome them as well as how to reinforce your already positive traits. I originally started learning about the enneagram as a writer's tool to create more realistic characters in my writing...but it's led me on a huge trip of self discovery and--even more so--self-betterment. Buy. This. Book. I've already bought another copy for a friend and plan on buying another who is looking into bettering their life.

This is the second comprehensive book on the Enneagram I have read. (The first was Helen Palmer's "Understanding the Enneagram.") The Riso-Hudson book was much more focused on personal transformation and spiritual awareness. I enjoyed it more than Palmer's book, which was more academic and better-suited to someone who wants to learn *about* the Enneagram, but not necessarily use it as a tool for personal transformation. I highly recommend both books, depending on what you want to get out of the Enneagram.

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