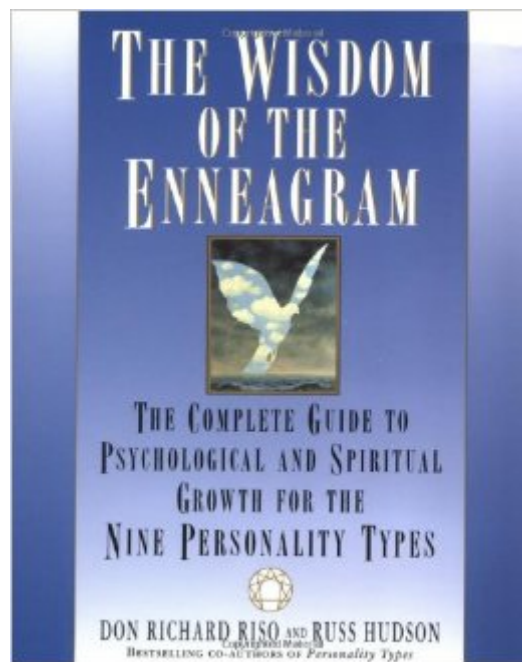


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The Wisdom Of The Enneagram: The Complete Guide To Psychological And Spiritual Growth For The Nine Personality Types



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

"The Wisdom of the Enneagram" is one of the better introductions to this popular personality typing and growth system, but the book actually offers a lot more than you'd expect from a general text on the enneagram. Unlike most books on the subject, it offers exploration of both the psychological

AND spiritual sides of the enneagram and, with the inclusion of Riso & Hudson's useful system of "Levels of Development," it is a fairly complete learning tool for newcomers and advanced students, alike. As a student of the enneagram for a dozen-odd years, if I were to recommend a *single* book of lasting value for someone wanting to gain an understanding of the enneagram, this one would be near the top of the list. Part I-- "The Inward Journey"-- approaches the enneagram from a historical and general informational perspective. This section includes a brief-- but quite accurate-- self test, as well as thumbnail descriptions of each of the nine enneagram types. The rest of the section covers topics to help the reader understand the basics of personality, essence, ego and awareness. The authors also explain the interactions and parallels between the enneagram and other personality theories. The section concludes with a primer on the "mechanics" of the enneagram, including the concepts of "Wings," "Instinctual Variants," "Levels of Development" and "Integration and Disintegration." Part II consists of nine chapters, each one covering a corresponding enneagram type, in depth. For those who don't already know their type, each chapter begins with a fairly detailed set of questions to help the reader determine if he/she resonates with that type.

Those of us who have been following Riso's (and Hudson's) writings with gratitude and anticipation will celebrate their latest contribution to our growing understanding of the Enneagram. Each successive book, enriched with fresh insights, has explored this complex system of personality typing from a new angle. What's new about *The Wisdom of the Enneagram*? Correctly identifying one's personality type is often difficult because the same traits can stem from very different, largely unconscious, inner dynamics. Both theorizing Fives and practical Ones, for example, can appear detached and logical. Based on matching two choices drawn from each of 2 sets of 3 descriptions, the new QUEST tool (pp. 13-18) is both simpler and more effective than their detailed RHETI questionnaire. The first group actually distinguishes Horney's assertive, withdrawn and compliant styles; whereas the second (or Harmonic) group corresponds to the authors' positive outlook, reactive and competency categories (pp.60-68). (It would be worth the effort to polish the wording of these 6 descriptions further to make them as accurate, neutral and balanced as possible.) You can then confirm your initial diagnosis by jumping to your specific Type Attitude Sorter (TAS) which rates your responses to 15 attitudes characteristic of your suspected type. By distinguishing 9 (= 3 grades of healthy, average and unhealthy) levels in each type, Riso's 'vertical' analysis explained how an empathetic, people-pleasing Two, for example, could disintegrate into its seeming opposite, namely a domineering, self-centered Eight. This classification made it difficult to account for the curious ways in which healthy and unhealthy traits from different levels often combine to create

contradictions characteristic of each type.

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