



# The Enneagram

By Helen Palmer

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## The Enneagram By Helen Palmer

Imagine a way to look deeply into yourself and through the eyes of others to penetrate the ultimate connections between all people and the divine. On Helen Palmer's *The Enneagram*, you will learn this system of sacred psychology capable of stunning insights into our lives and loves. Based on nine personality types, the enneagram applies principles of psychological transformation to a spiritual ideal. It can help you lift the veil of illusion that blocks your perception, see how others think and feel, and move closer to God. Derived from the Greek words ennea (nine) and gram (model), the term enneagram refers to the nine central passions that recur in sacred traditions. The Enneagram allows you to identify which passion influences your personality. This is your key to penetrating the veil of illusion that limits your perception to only one-ninth of reality. Helen Palmer, author of the all-time bestselling work on the enneagram, believes that the greatest authorities on the nine psychological types are not psychiatrists or therapists, but the people (of the type) themselves. On *The Enneagram*, you will hear real people of each type talk about their passions, drives, and strengths. You will learn about your own personality type from these real-life experts.

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### Editorial Review

#### About the Author

Helen Palmer is a teacher of psychology who has made original contributions to our understanding of how meditation and awareness training relate to the nine psychological types. Her first book, *The Enneagram: Understanding Yourself and the Others in Your Life*, is regarded as the major work on the enneagram; it has been translated into seven languages. She is also the author of *The Enneagram in Love and Work*. As the director of the Center for Enneagram Studies, Helen Palmer offers workshops and training sessions worldwide for business professionals, healthcare workers, and spiritual teachers.

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**Bethany Zuniga:**

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