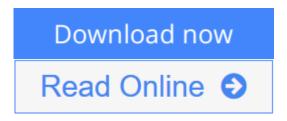


# The Wisdom of the Enneagram: The Complete Guide to Psychological and Spiritual Growth for the Nine Personality Types

By Don Richard Riso, Russ Hudson



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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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#### **Editorial Review**

#### Amazon.com Review

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

#### Review

"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

#### From the Inside Flap

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 selfunderstanding, 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.

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#### **Users Review**

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#### **Diego Mears:**

This The Wisdom of the Enneagram: The Complete Guide to Psychological and Spiritual Growth for the Nine Personality Types usually are reliable for you who want to certainly be a successful person, why. The reason why of this The Wisdom of the Enneagram: The Complete Guide to Psychological and Spiritual Growth for the Nine Personality Types can be among the great books you must have is giving you more than just simple reading food but feed an individual with information that maybe will shock your preceding knowledge. This book is usually handy, you can bring it almost everywhere and whenever your conditions both in e-book and printed people. Beside that this The Wisdom of the Enneagram: The Complete Guide to Psychological and Spiritual Growth for the Nine Personality Types forcing you to have an enormous of experience for instance rich vocabulary, giving you trial of critical thinking that we know it useful in your day activity. So, let's have it appreciate reading.

#### Fatima Leonard:

That guide can make you to feel relax. This book The Wisdom of the Enneagram: The Complete Guide to Psychological and Spiritual Growth for the Nine Personality Types was colourful and of course has pictures on there. As we know that book The Wisdom of the Enneagram: The Complete Guide to Psychological and Spiritual Growth for the Nine Personality Types has many kinds or type. Start from kids until teenagers. For example Naruto or Private investigator Conan you can read and think that you are the character on there. So, not at all of book are generally make you bored, any it offers up you feel happy, fun and chill out. Try to choose the best book to suit your needs and try to like reading this.

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