

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

Don Richard Riso, Russ Hudson - pdf download free book

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Description:

Recommended by two highly credible authorities, consciousness explorer and spiritual-growth guru , 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 , , 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**

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