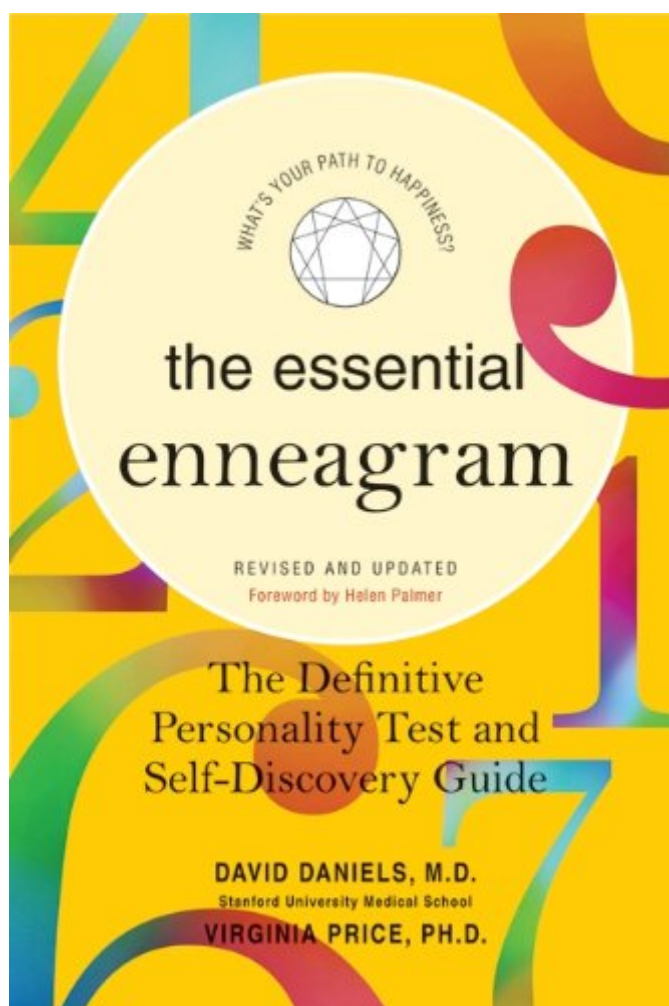


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The Essential Enneagram: The Definitive Personality Test And Self-Discovery Guide -- Revised & Updated



Synopsis

The First and Only Scientifically Determined Enneagram Personality Test and GuideA centuries-old psychological system with roots in sacred tradition, the Enneagram can be an invaluable guide in your journey toward self-understanding and self-development. In this book, Stanford University Medical School clinical professor of psychiatry David Daniels and counseling psychologist Virginia Price offer the only scientifically developed Enneagram test based upon extensive research combined with a self-discovery and personal-development guide. The most fundamental guide to the Enneagram ever offered, this book features effective self-tests to determine simply and accurately what your personality type is. Daniels and Price provide step-by-step instructions for taking inventory of how you think, what you feel, and what you experience. They then guide you in your discovery of what your type means for your personal well-being and your relationships with others, and they show you how to maximize your inherent strengths. Brimming with empowering information for each of the nine personality types—Perfectionist, Giver, Performer, Romantic, Observer, Loyal Skeptic, Epicure, Protector, and Mediator—this one-of-a-kind book equips you with all the tools you need to dramatically enhance your quality of life.

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Customer Reviews

This was my introduction to enneagrams and it was a good one. Read it in a few hours plus a few more for exercises and reflection. It's the kind of thing that makes you go hmmm...well, maybe. Went back to it a few times too. Insightful. Information I can use. Liked it.

I found this book useful, however sometimes a bit challenging to follow and complete the exercises. Some thought provoking and applicable concepts and worth perusing if you're interested in this subject.

The test in this book is invaluable to figure out your number. The pictures are very helpful. The descriptions for each number are also helpful, though I wish they were more in-depth, hence the 4 stars and not 5. A great starter book for enneagram.

I use enneagram insights every day to discover more about myself. I am who I am, but I also strive to be who I hope to be.

I used this book to understand myself and other when a group at our church were studying enneagrams and what they could tell us about ourselves and how we relate. I found the book easy to use and understand. It helped me to get a clearer picture of myself and others.

The most comprehensive and easiest introduction to the Enneagram. It not only walks you through finding your personality type, it puts you in touch with your relationships to other types, thereby enabling you to honor their perspective and build positive communication with them, whether personal or professional. I often give this book as gifts to intelligent and inquiring people who earnestly want to understand how human interactions work.

As books on the enneagram go, I thought it offered a bit of a different perspective for making a determination of your type. More simplistic than many others it's primary focus was on typing. In that regard it also was more extensive than some others. A succinct reference to have around for those interested in personality typing.

A basic and clear overview of the Enneagram. When I took the tests, I did have confusion and determining what type I actually was. I use this book for quick reference and clarity. It is a fabulous go to.

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