



Personality Types: Using the Enneagram for Self-Discovery

By Don Richard Riso

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" The Enneagram is an extraordinary framework for understanding more about ourselves. No matter from which point of view we approach it, we discover fresh conjunctions of new and old ideas." So writes Don Riso in this expanded edition of his classic interpretation of the Enneagram, the ancient psychological system used to understand the human personality. In addition to updating the descriptions of the nine personality types, *Personality Types, Revised* greatly expands the accompanying guidelines and, for the first time, uncovers the Core Dynamics, or Levels of Development, within each type. This skeletal system provides far more information about the inner tension and movements of the nine personalities than has previously been published. This increased specificity will allow therapists, social workers, personnel managers, students of the Enneagram, and general readers alike to use it with much greater precision as they unlock the secrets of self-understanding, and thus self-transformation.

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Personality Types: Using the Enneagram for Self-Discovery By Don Richard Riso Bibliography

- Sales Rank: #1523838 in Books
- Published on: 1987-08
- Ingredients: Example Ingredients
- Original language: English
- Number of items: 1
- Dimensions: 8.25" h x 5.50" w x .50" l,
- Binding: Paperback
- 370 pages

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Editorial Review

From Publishers Weekly

A geometric figure made of nine intersecting lines, the enneagram is thought by some to represent nine basic personality types. These types, as defined here, are the Reformer, Helper (Bill Cosby, Gandhi), Status Seeker (Gary Hart), Artist, Thinker, Loyalist (Joseph McCarthy, Johnny Carson), Generalist, Leader and Peacemaker. If you're a type seven with an eight wing (like Joan Collins), then you're very aggressive and have a strong ego to back your demands. The trouble with this system is that, unlike astrology or numerology, it is speculative which personality type best fits an individual. Once you've established that, you then have to decide if the person in question is Healthy, Average or Unhealthy. Oscar Ichazo, founder of the Arica Institute, reportedly learned about the enneagram from Sufis in Afghanistan. The investigation here broadens Ichazo's framework but still leaves plenty of room for guesswork. Riso is a New Yorkbased enneagram consultant.

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Users Review

From reader reviews:

Brandi Cardoza:

Nowadays reading books are more than want or need but also turn into a life style. This reading addiction give you lot of advantages. The advantages you got of course the knowledge your information inside the book in which improve your knowledge and information. The info you get based on what kind of guide you read, if you want attract knowledge just go with knowledge books but if you want really feel happy read one using theme for entertaining for example comic or novel. The particular Personality Types: Using the Enneagram for Self-Discovery is kind of book which is giving the reader unpredictable experience.

Michelle Dewees:

Reading can called imagination hangout, why? Because if you find yourself reading a book particularly book entitled Personality Types: Using the Enneagram for Self-Discovery your thoughts will drift away trough every dimension, wandering in every single aspect that maybe not known for but surely might be your mind friends. Imaging every word written in a publication then become one form conclusion and explanation this maybe you never get previous to. The Personality Types: Using the Enneagram for Self-Discovery giving you one more experience more than blown away your thoughts but also giving you useful facts for your better life in this particular era. So now let us present to you the relaxing pattern this is your body and mind is going to be pleased when you are finished studying it, like winning a sport. Do you want to try this extraordinary shelling out spare time activity?

Nora Emerson:

Personality Types: Using the Enneagram for Self-Discovery can be one of your starter books that are good

idea. Many of us recommend that straight away because this e-book has good vocabulary which could increase your knowledge in vocab, easy to understand, bit entertaining but nevertheless delivering the information. The article writer giving his/her effort to place every word into delight arrangement in writing Personality Types: Using the Enneagram for Self-Discovery although doesn't forget the main point, giving the reader the hottest and based confirm resource facts that maybe you can be among it. This great information could drawn you into completely new stage of crucial thinking.

Henry Hedrick:

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