



Enneagram Transformations

By Don Richard Riso

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Enneagram Transformations is a groundbreaking contribution to the self-help field. Riso offers readers the opportunity to take a psychological inventory of inner strengths that can be invaluable for self-development and all forms of recovery.

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Editorial Review

From Library Journal

Riso, a prominent teacher of enneagram--a system of nine personality types derived from esoteric tradition and recently gaining in popularity--combines enneagram personality types with recovery movement techniques of releasing undesirable traits and affirming desirable ones. For those unfamiliar with enneagram, he provides a brief introduction plus references to his three previous books, *Personality Types* (Houghton, 1987. o.p.), *Understanding the Enneagram* (Houghton, 1990), and *Discovering Your Personality Type* (Houghton, 1992). Most of his new book is a series of 16 single-sentence releases and nine affirmations for each type, plus 25 general affirmations for everyone. For people in recovery who know their enneagram number, these statements may provide useful reminders of one's own best and worst tendencies.

Recommended for public libraries with self-help collections.

- *Carolyn M. Craft, Longwood Coll. , Farmville, Va.*

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From the Back Cover

This new book makes a groundbreaking contribution to the self-help field. These moving Releases and Affirmations offer a profound psychological inventory of our inner pain and our personal strengths. They will be useful in all forms of Recovery, such as Twelve Step programs and Inner Child and Codependency work. Anyone already using Riso's books will find these meditations an invaluable new tool for their self-development.

About the Author

Don Richard Riso, M.A. is the foremost writer and developer of the Enneagram in the world today. The most-published and best-selling author in the field, he is an internationally recognized authority on the subject. He is the president of Enneagram Personality Types, Inc., and founder of The Enneagram Institute. He has been teaching the Enneagram for more than twenty years, pioneering a revolutionary new approach to ego psychology through his 1977 discovery of the Levels of Development. His four best-selling books are available in British, German, Italian, Japanese, Chinese, Korean, Spanish, and French editions. Mr. Riso was a Jesuit for thirteen years, holds degrees in English and philosophy, was elected to the Jesuit Honor Society, Alpha Sigma Nu, and was a Ford Foundation Fellow at Stanford University in communications (social psychology).

Users Review

From reader reviews:

Rick Maldonado:

Now a day those who Living in the era everywhere everything reachable by connect to the internet and the resources within it can be true or not demand people to be aware of each information they get. How many people to be smart in acquiring any information nowadays? Of course the reply is reading a book. Reading a book can help people out of this uncertainty Information mainly this Enneagram Transformations book because book offers you rich facts and knowledge. Of course the info in this book hundred per cent guarantees there is no doubt in it you know.

Gavin Wilkins:

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