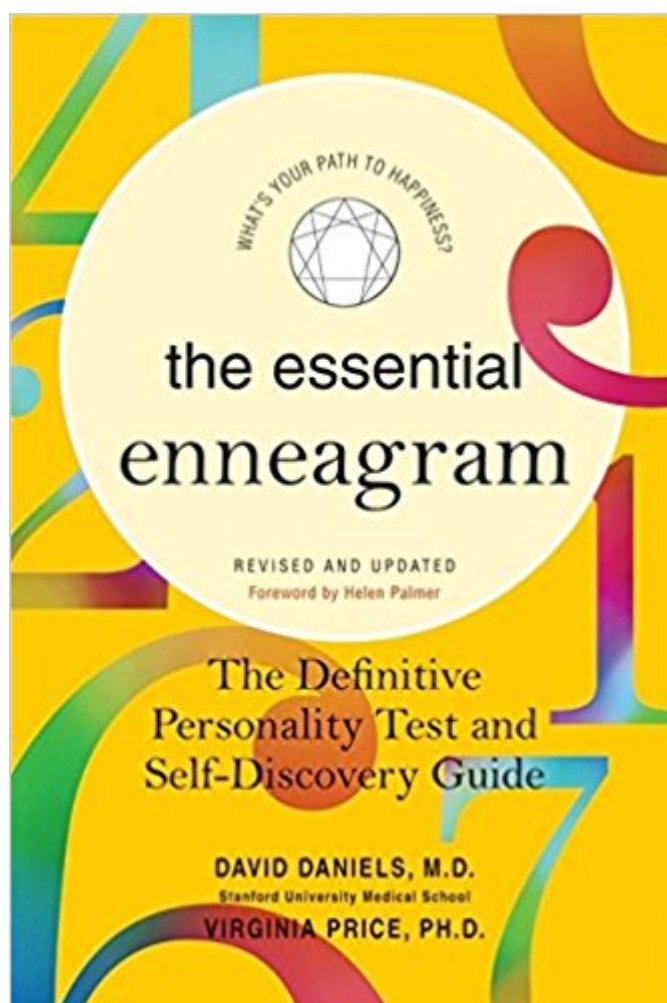


The book was found

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



Synopsis

The First and Only Scientifically Determined Enneagram Personality Test and Guide A 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.

Book Information

Paperback: 128 pages

Publisher: HarperOne; Rev Upd edition (May 26, 2009)

Language: English

ISBN-10: 0061713163

ISBN-13: 978-0061713163

Product Dimensions: 5.3 x 0.3 x 8 inches

Shipping Weight: 3.5 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 110 customer reviews

Best Sellers Rank: #14,989 in Books (See Top 100 in Books) #22 in Books > Health, Fitness & Dieting > Psychology & Counseling > Reference #94 in Books > Health, Fitness & Dieting > Psychology & Counseling > Personality #455 in Books > Self-Help > Personal Transformation

Customer Reviews

David Daniels, M.D., is a clinical professor of psychiatry at Stanford University Medical School, and is a leading developer of the Enneagram. Virginia Price, Ph.D., (1942-2005) was a psychologist with a private practice in Palo Alto. She wrote Type A Behavior Pattern, a book widely regarded as a landmark in its field.

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.

[Download to continue reading...](#)

Essential Enneagram: The Definitive Personality Test and Self-Discovery Guide -- Revised & Updated The Essential Enneagram: The Definitive Personality Test and Self-Discovery Guide -- Revised & Updated The Road Back to You: An Enneagram Journey to Self-Discovery Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) The Wisdom of the Enneagram: The Complete Guide to Psychological and Spiritual Growth for the Nine Personality Types Discovery Map 85: Cork Kerry (Discovery Maps): Cork Kerry (Discovery Maps) (Irish Discovery Series) Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8) Self Love: F*cking Love Your Self Raise Your Self Raise Your Self-Confidence (Self Compassion,Love Yourself,Affirmations Book 3) A Teen's Self-Discovery Workbook in Astrology (Self-Discovery Workbooks in Astrology 2) Walking On Eggshells No More, A Practical Guide To Understanding, Coping And Living With Someone Who Has Borderline Personality Disorder Or Narcissistic Personality Disorder. Ear Candling - The Essential Guide: Ear Candling - The Essential Guide:This text, previously published as "Ear Candling in Essence", has been completely revised and updated. The Virgo Personality: Understanding Your Own Innate Virgo Personality Traits and Virgo Characteristics to Become a Better Virgo Woman Essential Oils: 50 Essential Oil Dog & Cat Recipes From My Essential Oil Private Collection: Proven Essential Oil Recipes That Work! (Essential Oil Pet Private Collection Book 1) Essential Oils: Essential Oil Recipe Book - 30 Proven Essential Oil Recipes :: My Essential Oil Private Collection Vol. 1 (Private Collection Essential Oils) Theories of Personality (PSY 235 Theories of Personality) Personality Theories Workbook (PSY 235 Theories of Personality) NAVY SEAL: Self Discipline: How to Become the Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental Toughness (Navy Seals Mental Toughness) ATI TEAS Study Guide Version 6: TEAS 6 Test Prep and Practice Test Questions for the Test of Essential Academic Skills, Sixth Edition General Test Guide 2018: Pass your test and know what is essential to become a safe, competent AMT from the most trusted source in aviation training (Fast-Track Test Guides) ESSENTIAL OILS: Essential Oils Guide for Beginners and 89 Powerful Essential Oil Recipes for All Occasions (Updated Version) (2017 Recipe Quick Reference)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)