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list on my site of
recommended readings
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personality typing
systems. I use them to
build my own self-
awareness and also to
help me know how to
work and play better
with others.

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which also includes
accessible self-tests to
help determine
personality types.

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The bestselling
beginner's guide to
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understanding the nine
personality profiles and
applying them to your
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Hudson have set the

standard for determining

personality type using

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and anyone interested in

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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

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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

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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

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self-transformation. “No
Enneagram teachers
I’ve come across offer
such a rich and dynamic
picture of how each
personality type
expresses itself in the
world, and the process
by which we can move
through progressive
stages of psychological
and spiritual
growth.”—Tony
Schwartz, author of

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Offers profiles of nine
personality types, tells
how to avoid

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misidentifications, and

offers advice on

becoming aware of

one's own personality

type.

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love; some great ones

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of early secure

attachment, and plenty

too have been written

about relationships and

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better. This book is a bit

different. Dr. David

Daniels, Professor

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his personal passion for

human development to

over 40 years of study

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primarily with couples),

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understanding of human
temperament and

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to the table. Thanks to

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says, "Of all of the

treatment modalities I

worked with and tried

out across my

therapeutic career,

nothing came close to

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helping couples heal

their hearts and relax

their defenses as much

as I witnessed

happening when using a

comprehensive

application of the

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Understanding ourselves

as well as others -- with

acceptance,

discernment, curiosity,

and wonderment -- in

the way the Enneagram

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precipitates, provides
the greatest foundation
from which to build
healthier, more
receptive and more
fulfilling relationships.
It is our fundamental
relationships that sustain
our lives, fuel our
happiness, and support
our greater development
and potential. Bringing
this book to fruition was
the passionate focus of

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much of David's time, exploration, and thought the last many years of his life. Within in it holds David's endearing understanding of human relationships and his devotion to contributing to a more loving world.

Hurley and Dobson
explore how the wisdom

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of the Enneagram The

allows you to bring out

the best in yourself and

others. Delving deeper

than other systems of

personality exploration,

the Enneagram system

of nine distinctive

patterns of unconscious

motivation reveals the

primary sources of our

behavior and the reasons

we live as we do.

Through detailed

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descriptions and
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others and releasing
untapped potential.
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readers learn to

transform weaknesses

into strengths, break

free of crippling

patterns, choose new

ways of relating to

others, and enjoy

balance and harmony.

For example: The

Achiever can move

from dissatisfied

perfectionism to

effective leadership and

become a Pathfinder.

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