

---

# Personality Types Using The Enneagram For Self Discovery

---

The Complete Enneagram  
Take Care of Your Type  
Positive Intelligence  
The Road Back to You  
The Enneagram for Black Liberation  
Personality Types  
Personality Types  
Sex and the Enneagram  
The Everything Enneagram Book  
Enneagram Empowerment  
The Enneagram Spectrum of Personality Styles  
What's Your Enneatype? An Essential Guide to the Enneagram  
Understanding the Enneagram  
The Enneagram Connection  
The Complete Idiot's Guide to the Power of the Enneagram  
The Five Love Languages  
Enneagram (Expanded)  
Keys to the Enneagram  
Personality Types  
The Enneagram Made Simple  
The Enneagram Made Easy  
Discovering Your Personality Type  
The Enneagram & You  
What's My Type?  
The Conscious Enneagram  
The Enneagram Spectrum of Personality Styles 2E  
Who Are You, Really?  
The Wisdom of the Enneagram  
The Enneagram  
The Enneagram of Eating  
Enneagram Transformations  
The Essential Enneagram  
The Honest Enneagram  
The Enneagram for Beginners  
Personality Types  
Enneagram  
The 12-Type Enneagram  
The Enneagram Movie and Video Guide

The Enneagram at Work  
Evolving Digital Leadership

*Personality Types Using The Enneagram For Self Discovery*

Downloaded from [matthewbarringer.com](http://matthewbarringer.com) by guest

---

## PARSONS MCCARTY

---

The Complete Enneagram Broadleaf Books

It would be impossible for most of us to spend a day without coming into direct or indirect contact with dozens of people family, friends, people in the street, at the office, on television, in our fantasies and fears. Our relationships with others are the most changeable, infuriating, pleasurable and mystifying elements in our lives. Personality types, based on the ancient system of the Enneagram, will help you to enjoy more satisfying and fulfilling relationships in all areas of your life by introducing you to the nine basic personality types inherent in human nature. This knowledge will help you better understand how others think and why they behave as they do, as well as increasing your awareness of your own individual personality. Written by the leading world authority on the Enneagram, it offers a framework for understanding ourselves and those around us, as well as a wealth of practical insights for anyone interested in psychology, counselling, teaching, social work, journalism and personal management.

**Take Care of Your Type** Zeitgeist

This is the best introductory book you will find on the Enneagram. Wagner's guide is a clear and concise introduction to the Enneagram, useful for personal exploration and as a teaching id for workshop presenters and counselors. This comprehensive book with charts, exercises, and bullet descriptions, yields an experiential understanding of basic Enneagram principles such as authentic values and their personality substitutes, resourceful and non-resourceful cognitive, emotional, and behavioral schemas and how they shift under stressful and flow conditions, developmental influences, and the three centers of sorting and deciding. Learn about the defense mechanisms, principles and paradigms, virtues, passions, and both healthy and maladaptive instincts of each of the nine Enneagram personality types. For centuries -- and now in the light of leading edge psychology -- the Enneagram has helped people to recognize their predispositions, motives, and talents. Its insights provide valuable information for those in communication, business, human resources, therapy, and personal growth. This book helps you to explore the nine different "hues" of the Enneagram, discover your own type, and understand the behaviors and attitudes that are uniquely yours. It is considered the most concise and easy to use introductory guide available.

**Positive Intelligence** Houghton Mifflin Harcourt

Provides insight for determining personality types, from recognizing each type's wake-up call and red flag to letting go of self-defeating habits and reactions.

*The Road Back to You* Harper Collins

Ignorance is bliss—except in self-awareness. Ian Morgan Cron and Suzanne Stabile share their Enneagram wisdom and help you grow in knowledge of yourself, compassion for others, and love for God. Witty and filled with stories, this unique approach gives you a peek inside each of the nine Enneagram types, taking you further into who you really are and leading you into spiritual discovery.

**The Enneagram for Black Liberation** Houghton Mifflin Harcourt

Discover the self-care tips specifically designed for your Enneagram type with this simple yet illuminating guide from popular Enneagram expert Christina S. Wilcox. Many of us have used the Enneagram of Personality to understand ourselves on a profoundly intimate level. But despite what our Enneagram type reveals, it's not always easy to know the best ways to take care of ourselves according to our unique personalities. In *Take Care of Your Type*, Enneagram expert and social media sensation Christina S. Wilcox uses her knowledge of the Enneagram to illuminate how each of the nine Enneagram types can practice better self-care. Answering questions ranging from "What is the best morning routine for my type?" to "What boundaries are important to set based on my individual personality traits?" this handy guide filled with beautiful color illustrations will help you recenter and reconnect with yourself amid the stress of daily life and will leave you feeling happier and healthier in mind, body, and spirit.

*Personality Types* Simon and Schuster

A guide to using your Enneagram personality type to understand your approach to eating, dieting, and exercise • Shows how the Enneagram system of personality types can explain your relationship to food, emotional triggers and childhood patterns around eating, food choices, best methods for weight loss or gain, possible addictions, love (or not) for entertaining, and the right exercise method to keep you motivated • Includes an Enneagram food-personality test and explains how understanding your Enneagram type allows you to alter your subconscious programming and become not only physically, but emotionally healthier • Provides examples of healthy and unhealthy expressions of each personality type's relationship to food and exercise Have you ever wondered why some people seem to adore food, while others find eating simply a need? Why some people just love to work out and others absolutely abhor anything to do with physical exercise? Why some love entertaining, while others would rather spend a quiet evening alone? In *The Enneagram of Eating*, Ann Gadd reveals how the well-known Enneagram system of personality types can explain your relationship to food and exercise. Including an easy Enneagram food-personality test to find your type, she devotes a full chapter to each of the 9 personality types. She provides an understanding of each type's emotional eating triggers, including the emotional wounds and childhood patterns that formed them, what exercise regime will keep you motivated, why you entertain the way you do (or don't), and the best methods for weight loss or gain. The author examines how we view our bodies, how we deal with food and eating, our behaviors when dining out or hosting a dinner party, possible addictions, and where our enthusiasm (or lack thereof) for exercise originates. Stressing how our emotional health affects our physical selves, the author provides examples of healthy and unhealthy development within each type. Gadd shows how knowing how each type reacts around food will make it easier for us to alter our subconscious programming and become not only physically, but emotionally healthier. Offering fascinating insight into our subconscious attitudes toward food, she aims to inspire you to become more aware of your approach to eating in general, so you can develop healthier and happier ways of being.

*Personality Types* Andrews McMeel Publishing

Hurley and Dobson explore how the wisdom of the Enneagram 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 descriptions and discerning self-inventory questions, Hurley and Dobson make discovering your personality type fun and easy. They provide simple, proven methods for neutralizing negative attitudes about self and others and releasing untapped potential. Armed with the Enneagram's insights, 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. The Observer can move from fear of commitment to curiosity and courage and become an Explorer. The Helper can move from over-involvement in the lives of others to mutual relationships and become a Partner. Inspirational, easy-to-use and practical -- *What's My Type?* puts the Enneagram system to work for you.

**Sex and the Enneagram** Penguin

Explains a popular system of psychology that groups people into nine personality types and lists hundreds of film characters that fall into these groups.

*The Everything Enneagram Book* Bantam

"The Enneagram is an extraordinary framework for understanding more about ourselves. No matter from which point of view we approach ourselves. No matter from which point of view we approach it, we discover fresh conjunctions of new and old ideas."--Don Risco.

*Enneagram Empowerment* Simon and Schuster

Empower yourself through self discovery - uncover your personality type, become your best self, and learn about other personality types to improve your relationships In this 'personality guide', Author Laura Miltenberger covers the nine enneagram personality types. Each archetype is distinct and influences a person's traits, how they work, reach goals, and relate to others. Let the pages of this enneagram workbook take you on a journey of self-discovery. The book will help you: - Identify your enneagram type - Learn about the defining characteristics of each type - Find out how your personality traits can influence your daily habits and interactions - Discover how to embrace the strengths of your type and overcome your weaknesses - Improve your relationships by deepening your understanding of others Discover your personality Unlock your potential and become your best self with this personality psychology book. This book offers a deeper understanding of the complexity of your personality. By working through the personality book, you'll discover your strengths and weaknesses and quickly identify ways to reach your highest potential. Enneagram archetypes are determined by a personality assessment and then each type is analyzed by their strengths and weaknesses. Through illustrations and simple explanations, the author offers guidance on how to use this knowledge for self-awareness and personal growth. This book will keep you engaged and ready to implement what you've learned in no time!

*The Enneagram Spectrum of Personality Styles* Broadleaf Books

"No other personality system offers the gift of revealing the fears and longings that help us cope in this uncertain world, encouraging each other and pointing one another to Jesus, each in our unique

way." --from *The Enneagram for Beginners* Recognized as a valuable tool for identifying recurring patterns of unhealthy behavior and the ways we try to earn God's favor, the Enneagram is used by churches, ministries, and families to grow more like Jesus and be closer to one another. While its wisdom is highly sought after, the Enneagram system can be complicated to navigate for first-time users. In this highly accessible spiritual guide, Certified Enneagram Coach Kim Eddy breaks down the essentials to help beginners discover their type and break free from fear and shame by knowing and experiencing the unconditional love, forgiveness and freedom in Christ. The Enneagram for Beginners features: • Enneagram 101: that includes everything you need to know about the Enneagram, such as the triads, subtypes, wings, levels of health, ongoing struggles, and more • Easy and supportive steps to find your true type • Deep explorations into each of the nine personality types to understand the ways in which you experience the world and how you can find Jesus everyday • Type-focused scripture that reveals what God says about you • A special prayer for each type This book is an essential tool for beginners who want to learn their type and find their own transformative path, all while keeping their faith and relationship with Jesus at the center.

*What's Your Enneatype? An Essential Guide to the Enneagram* Create Your Reality

Use the power of the Enneagram to become a more effective, capable leader The Enneagram at Work is the first book to harness the insight of the Enneagram to transform leadership in today's workplace. A veteran of the high-profile hospitality industry with two decades of experience working with the Enneagram, author Jim McPartlin has seen firsthand the way self-awareness can radically transform leadership, strengthen teams, and spark creative solutions. From giving and accepting criticism to fostering strong mentorships and managing conflict, The Enneagram at Work will give you invaluable tools for growing and thriving in your career. For the longtime Enneagram fan or those who are just learning to identify their type, The Enneagram at Work helps readers explore the full breadth of their type, becoming aware of their blindspots in the workplace and leaning into their strengths more fully. Each chapter includes actionable exercises and practices so that readers can move from learning to doing and apply their insights in the real world.

**Understanding the Enneagram** InterVarsity Press

Offers profiles of nine personality types, tells how to avoid misidentifications, and offers advice on becoming aware of one's own personality type.

*The Enneagram Connection* Houghton Mifflin Harcourt

"Combines enneagram personality types with recovery movement techniques of releasing undesirable traits and affirming desirable ones." —Library Journal To heal, one must truly know, and face, one's self. But finding that inner, honest analysis of our own personalities is difficult to say the least. Without the right tools, it can be impossible. Since its development, the enneagram—a model of nine interconnected personality types that allows users to identify their habits and flaws—has helped countless individuals understand their hearts, bodies, and minds. Now, it can also help you change your life. In *Enneagram Transformations*, Don Richard Riso, one of the foremost developers of the enneagram, presents a groundbreaking contribution to the self-help field. Using releases and affirmations based on the various personalities, he shows readers how to unlock their psychological pains and strengths to promote healing, recovery, and tranquility. It's time to reclaim your power. *Enneagram Transformations* contains the meditative tools you need to do so.

*The Complete Idiot's Guide to the Power of the Enneagram* HMH

This is the best introductory book you will find on the Enneagram. Wagner's guide is a clear and concise introduction to the Enneagram, useful for personal exploration and as a teaching ID for workshop presenters and counselors. This comprehensive book with charts, exercises, and bullet descriptions, yields an experiential understanding of basic Enneagram principles such as: • Authentic values and their personality substitutes • Resourceful and non-resourceful cognitive, emotional, and behavioral schemas and how they shift under stressful and flow conditions • Developmental influences • The three centers of sorting and deciding • The defense mechanisms, principles and paradigms, virtues, passions, and both healthy and maladaptive instincts of each of the nine Enneagram personality types. For centuries -- and now in the light of leading-edge psychology—the Enneagram has helped people to recognize their predispositions, motives, and talents. Its insights provide valuable information for those in communication, business, human resources, therapy, and personal growth. This book helps you to explore the nine different "hues" of the Enneagram, discover your own type, and understand the behaviors and attitudes that are uniquely yours. It is considered the most concise and easy to use introductory guide available.

*The Five Love Languages* Enneagram Studies and Applications

"Chichi Agorom's voice is a part of the reckoning that has been needed in the culture of the Enneagram. Writing with clarity and heart, [this book] is an offering to our collective liberation." —Renée Rosario, MA, LPC, Core Faculty member of the Narrative Enneagram Am I worthy of belonging? Am I loved just as I am? Am I safe to exist without worry? How do Black women return to our truest selves in systems that answer "no" to these three questions? The Enneagram is an ancient system of human development that shows us the limiting stories that keep us stuck in unhelpful patterns, and invites us into more expansive stories. For too long, conversations about the Enneagram and its personality types have been centered on and by whiteness. In *The Enneagram for Black Liberation*, certified Enneagram teacher and trained psychotherapist Chichi Agorom reclaims the Enneagram as a powerful tool for Black women to rediscover our wholeness and worth that existed long before systems of supremacy told us we weren't enough. For Black women in particular, our Enneagram personality types reflect more than just our way of being in the world; they are shaped by armor that we use to protect ourselves from pain, suffering, and shame. Breaking down each Enneagram type as a form of armor, this book offers practices to help Black women, and all who live on the margins, begin to build a sense of self separate from our mechanisms of self-protection, while working to dismantle the systems that require us to stay constantly armored up. Chichi Agorom takes readers through each of the nine Enneagram types, along with stories of Black women who identify with them, to illustrate the stories people must tell themselves in order to feel safe. In the process, Agorom seeks to inspire us to expand beyond our type patterns. Centering freedom, ease, and rest for Black women, Agorom invites each of us to claim the Enneagram as our tool for resilience-building in the continued fight for liberation.

*Enneagram (Expanded)* Mariner Books

Get ready to be an effective digital leader, influencer, disruptor, and catalyst for change in the digital world! As a leader you need to constantly evolve to achieve sustained success. The world is

being transformed by Digital. The pace of change is constantly accelerating and volatility and complexity are the new norms. Digital leaders are at the forefront of these waves of change, creating new markets and transforming traditional ones. This book is a framework and set of tools that will help you develop a deep awareness of yourself, your teams, and your stakeholders. The powerful four-step process (designed to remain relevant over time) ensures that you are embracing adversity, driving disruption, and unlocking your full leadership potential. What You'll Learn Be an influencer, disrupter, and catalyst for change in a disruptive world Know five key career recommendations from 40 digital leaders with more than 400 years of combined experience Use the four steps of the Unnatural Selection framework to facilitate your personal evolution and digital leadership success Demystify what makes people tick using the Human Full Stack, which is a model analogous to the technical full stack, so that complex behaviors are easier to understand Embody intentionality to avoid distractions and achieve what's important—your personal evolution, growing amazing teams, and influencing stakeholders Who This Book Is For Leaders who come from a technical background or are leading technical teams/organizations and want to be a part of building tomorrow's digital world

[Keys to the Enneagram](#) Watkins Media Limited

"Traditionally, scientists have emphasized what they call the first and second natures of personality—genes and culture, respectively. But today the field of personality science has moved well beyond the nature vs. nurture debate. In *Who Are You, Really?* Dr. Brian Little presents a distinctive view of how personality shapes our lives—and why this matters. Little makes the case for a third nature to the human condition—the pursuit of personal projects, idealistic dreams, and creative ventures that shape both people's lives and their personalities. Little uncovers what personality science has been discovering about the role of personal projects, revealing how this new concept can help people better understand themselves and shape their lives"—Provided by publisher.

[Personality Types](#) Simon and Schuster

A Simon & Schuster eBook. Simon & Schuster has a great book for every reader.

*The Enneagram Made Simple* Apress

There exists a totally unknown system that codifies the very specific manner in which we think, feel and behave. It reveals the influence on us of planetary energies. The 12-Type Enneagram is completely original, and it reveals 12 planetary essence types. We all have every one of the type energies, but they exist in lesser or greater concentrations. Only one, though, is our essence type (not personality type). Unlike the 9-Type Enneagram, which concentrates on personality, the 12-Type Enneagram focuses on planetary essence types. There are 6 main types and 6 hybrid types, all of which are linked to a planet: Mercury, Saturn, Mars, Jupiter, Venus and Lunar. In *The 12-Type Enneagram*, Matthew Campling helps you identify your type via a series of questions and then provides a detailed explanation of each type. Sections include family, friends, work, sex, love and relationships, and how we can consciously develop using the system. The 12-Type Enneagram will help you: Understand why others are different from you Help you deal with problems Show you what to work on to improve your life Help resolve inner and outer conflict and more. Up till now this knowledge has been lost, or limited to esoteric schools of knowledge. Now it is available to us all.

Best Sellers - Books :

- [A Court Of Mist And Fury \(a Court Of Thorns And Roses, 2\) By Sarah J. Maas](#)
- [America's Cultural Revolution: How The Radical Left Conquered Everything By Christopher F. Rufo](#)
- [We'll Always Have Summer \(the Summer I Turned Pretty\) By Jenny Han](#)
- [The Covenant Of Water \(oprah's Book Club\)](#)
- [Feel-good Productivity: How To Do More Of What Matters To You](#)
- [Twisted Hate \(twisted, 3\) By Ana Huang](#)
- [House Of Flame And Shadow \(crescent City, 3\)](#)
- [The Subtle Art Of Not Giving A F\\*ck: A Counterintuitive Approach To Living A Good Life](#)
- [Love You Forever](#)
- [Tucker](#)