



The Enneagram: Understanding Yourself and the Others In Your Life

By Helen Palmer

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The Enneagram: Understanding Yourself and the Others In Your Life By Helen Palmer

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.

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Editorial Review

From Library Journal

In this difficult but rewarding book, psychologist Palmer explicates a complex system of personality typology derived from an ancient Sufi tradition and later used by the occult teacher Gurdjieff. This system, the Enneagram of personality types, is further clarified by comments from students and psychiatric patients. Students of self-realization techniques should find the book intriguing, although it is evident that to make progress in self-understanding, assistance from a teacher such as the author would be necessary. For large self-help collections. Jeanne S. Bagby, Tucson P.L., Ariz.

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Review

Provides help in understanding the good qualities of a more evolved life. (San Francisco Chronicle)

Palmer's historical and clinical accounting is solid and her reasoning insightful. The Enneagram system can help us understand people as they see themselves. (Training and Development Journal)

Explores the mysteries of personality and points the way to the cultivation of extraordinary abilities. (Yoga Journal)

A book for both the psychologically sophisticated and for ordinary people as well. (New Realities Magazine)

[Palmer's] focus on the practical import of this unique personality system gives her book special power, the power to transform. (American Humanistic Psychology Review)

About the Author

Helen Palmer conducts extended workshops, seminars, and training sessions on the Enneagram in the San Francisco Bay Area and around the country. She is the author of *The Enneagram in Love and Work*

Users Review

From reader reviews:

Lisa Morgan:

What do you about book? It is not important along with you? Or just adding material when you need something to explain what your own problem? How about your spare time? Or are you busy individual? If you don't have spare time to complete others business, it is gives you the sense of being bored faster. And you have extra time? What did you do? Every individual has many questions above. The doctor has to answer that question mainly because just their can do this. It said that about guide. Book is familiar in each person. Yes, it is appropriate. Because start from on jardín de infancia until university need this The Enneagram: Understanding Yourself and the Others In Your Life to read.

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