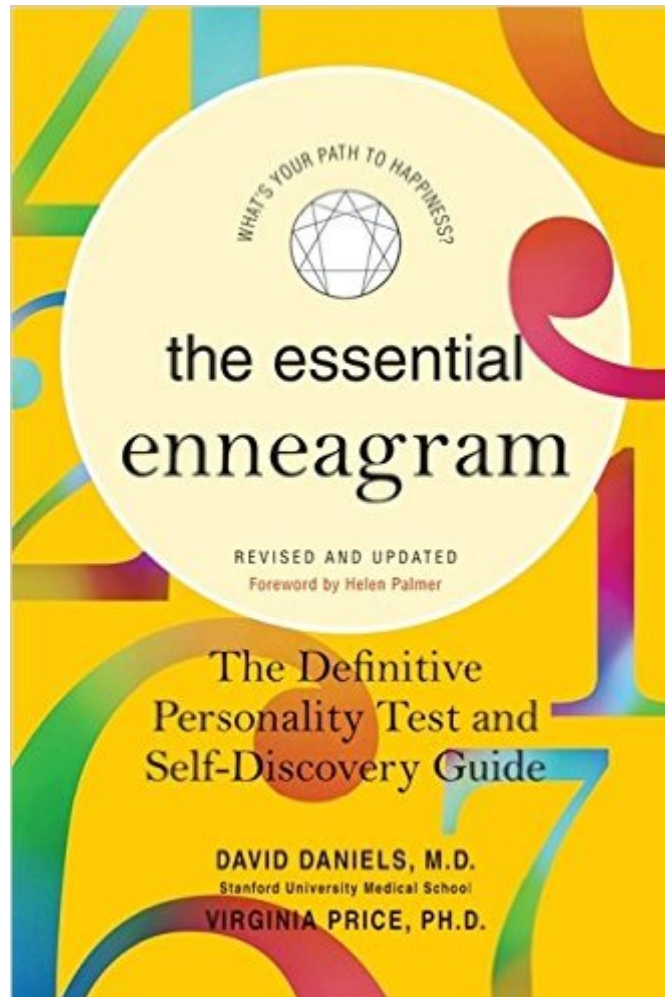


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# Essential Enneagram: The Definitive Personality Test And Self-Discovery Guide -- Revised & Updated



## Synopsis

The First and Only Scientifically Determined Enneagram Personality Test and GuideA 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 typesâPerfectionist, Giver, Performer, Romantic, Observer, Loyal Skeptic, Epicure, Protector, and Mediatorâthis one-of-a-kind book equips you with all the tools you need to dramatically enhance your quality of life.

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## Customer Reviews

There are many facets to the enneagram, which is one of its attractions. I had been studying the enneagram intermittently over a period of about one year, and have learned to appreciate it as a result of having given personality typing some thought over the years, especially the Myers-Briggs typing system. An important point to bear in mind in the typing process for the enneagram is that

there is an overall unity represented by the nine points that transcends one's special survival strategy (as seen through the enneagram scheme). Thus, finding one's reference point in this scheme does not put one in a box, but challenges one to develop a broader conception of what it means to be human. This book is very well organized for helping one narrow down possibilities for one's type, based on a scheme of cycling through the types a number of times, presenting different pictures each time, starting with a test that is simple to take. The fact that there was considerable experience in interviewing people involved in the background of the authors, and that there was some statistical analysis that was carried forward is also interesting. This latter facet is particularly poignant in that one's type involves connections to four other types: two wings, a stress point and a security point, and it is of interest to consider how well this theoretical complexity actually shows up under controlled conditions. Another aspect that is focused on is the overlap with possible "look-alike" types based on the language that we use to describe people. This book is, of course, no substitute for actually interviewing people of specific types, and in that sense, as well as not being well-organized to discuss the unifying aspects of the enneagram, it is not reflecting the true depth of this system.

.Reviewed by C J Singh (Berkeley, CA).Positive-Psychology Paths to Happiness: The Enneagram WayInitially known as "The Stanford Enneagram Discovery Inventory and Guide," THE ESSENTIAL ENNEAGRAM, first edition, was published in 2000, the second in 2009. The jacket blurb claims it as "The First and Only Scientifically Determined Enneagram Personality Test and Guide." Appendix B summarizes the "Validity of the Essential Enneagram Test." I hastened to read it.On page 116: "The overall Kappa for the entire test was 0.5254, p

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