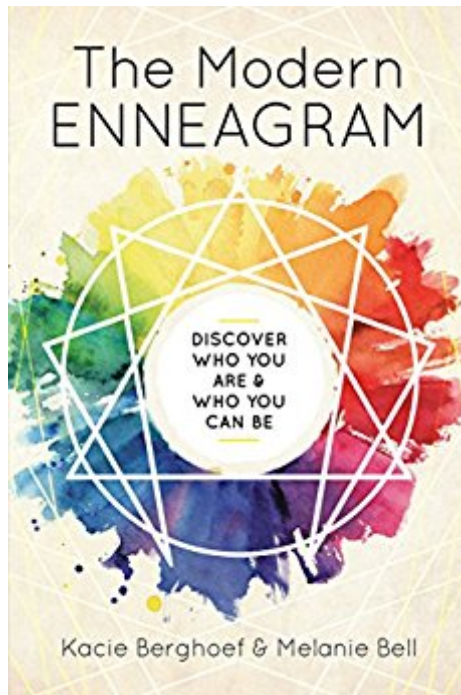




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# **The Modern Enneagram: Discover Who You Are And Who You Can Be**



## Synopsis

"The Modern Enneagram provides a concise, clear, and accurate introduction to the Enneagram. A wide range of knowledge and personal examples and illustrations make learning the Enneagram an easy and enjoyable process." —Russ Hudson, co-author of *The Wisdom of the Enneagram*

Faced with the complexities of daily life, many people find themselves interested in cultivating a deeper sense of self-awareness and nurturing more understanding relationships with others. The Enneagram is a powerful tool for discovering your authentic self and using that knowledge to improve in a variety of ways. The Modern Enneagram will show you exactly how to apply the principles of the Enneagram personality typing system to find insight and strength for navigating life's changes and challenges. In *The Modern Enneagram* you will find everything you need to grow and evolve personally, including:

- Practical strategies for achieving your core desires based on profiles of the 9 Enneagram types
- Real-life examples of fundamental Enneagram principles such as emotion management, self-acceptance, career development, and understanding family relations
- Modern-day guidance from contemporary Enneagram leaders Kacie Berghoef and Melanie Bell who relate to today's fast-paced world that involves so many different lifestyles and moving parts

A great, accessible and useful introduction to the Enneagram. I found it helpful in the practical use of the Enneagram towards understanding one's own personality, others' personalities, and their many interactions.

—Kindle Customer

## Book Information

File Size: 18892 KB

Print Length: 166 pages

Simultaneous Device Usage: Unlimited

Publisher: Althea Press (February 28, 2017)

Publication Date: February 28, 2017

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B01NCZ0MAO

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #28,307 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #6 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Reference #32 in Kindle Books > Medical Books > Psychology > Reference #38 in Kindle Books > Health, Fitness & Dieting > Psychology & Counseling > Reference

## Customer Reviews

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Very entry-level. Has some interesting info about triads and careers

Nice to have the Enneagram explained in non academic language. A good addition to the body of Enneagram works.

The material is interesting but the book was difficult for me to complete. It was not engaging.

The Modern Enneagram by Kacie Berghoef and Melanie Bell is a most helpful book, the kind you will want to keep on your e-reader for handy reference—just in case you want to remind yourself about the fine points of a particular type in the middle of a meeting. Thought I was a little worried when these authors mentioned the Enneagram dating from the fourteenth century, they did a brief but credible job on its history. Written in a more folksy, easy to read rather than academic style, the book is full of pithy sayings aptly summarizing important aspects of the subject. Examples include the headings of each section of Chapter 2 which is devoted to describing the nine types, e.g., “Type 1, Seeking Integrity,” “Type 2, Seeking Connection,” “Type Five, Seeking Clarity,” and “Type Nine, Seeking Harmony.” Similarly, almost every paragraph’s topic sentence, aptly summarized what follows. As a Seven with a Six wing, I very much identified with Julia, the character used as the character around which the authors wove developments in the lives of various Enneagram types. Even the Seven-like interruptions in the text to highlight various off-topic or close-to-topic aspects of the Enneagram were helpful for adding variety. Most of all Kacie, and Melanie truly embody the spirit of the title of their book by focusing on how the modern Enneagram goes far beyond being a system for typing oneself and others to be an instrument for personal growth. The focus is on developing presence.

I've been teaching the Enneagram for over eight years, so I frequently get asked, "what's the best book for a new student of the Enneagram?" I didn't used to have a good answer. There are a couple that I refer students to, but not enthusiastically. Now I can finally send people to *The Modern Enneagram*. This book provides what's been missing on this topic: a SIMPLE and clear entry point. No, it's not as deep or detailed as *The Wisdom of the Enneagram*, for instance (another of my favorites), but we don't need more of what already exists in the literature. We need a better open doorway to help the mildly curious build a foundation of knowledge quickly, rather than overwhelming them with a huge tome. Attention spans are growing shorter with our youth. I'm so glad this book exists to give people enough information to start putting the Enneagram into use in their lives so they can stoke a growing curiosity and follow it further into this great wisdom. Thank you, Kacie and Melanie. Fantastic gift you've given to Enneagram lovers, current and future.

This book gave barely an overview of types. No in depth ability to do more than vaguely guess at what siren may or may not be based on the limited descriptions. The application sections for work and relationships were merely telling Julia's story and how she handled things. While the explanations of types were too general, the detail of that one person was less than helpful to even think about putting Enneagram knowledge into practice.

Who this book is great for: someone who wants to know what the Enneagram basically is and what it's good for, without committing to a deep dive in one specific application. OR for someone who wants to quickly get their bearings in this complex system BEFORE doing a deep dive with one of the more intensive books like *Wisdom of the Enneagram*, *Nine Lenses on the World*, *The Complete Enneagram*, *Deep Living*, or the many other excellent Enneagram books on the market. The Enneagram is far more than a list of "You might be type X if..." and this book reflects that. What I love about this book: 1. It's ultra-concise. Having read my share of Enneagram books, taken multiple trainings and workshops, and having taught a little, I'm frankly in awe of Bergoeff and Bell's ability to distill important elements of Enneagram theory into short segments accessible to beginners. No words wasted. 2. It's organized around topics rather than types. In my opinion, this invites a more holistic view of the Enneagram and makes it less likely that a reader merely zeros in on ONE chapter "my type" while ignoring everything apart from a type description. By intermingling elements of the types' descriptions with the variety of applications for this knowledge, I believe the authors encourage practical use of the information. 3. Julia. I'm one who usually just skims over examples

and case studies, but I like the Julia element because it helps give a sense of how type interacts with our individuality. Reading a type description in isolation can sometimes create the illusion that the types are "cookie cutters" simplifying away our individual complexities. Nothing could be further from the truth, and the Julia examples, in my view, help illustrate that every person, of every type, is a real human being with their own history and uniqueness. The examples also help give a sense of how we can work with knowledge of our own and others' types.<sup>4</sup> Resources. Throughout the book and at the end, the authors point the reader to additional resources. The clear intention is that this book is a doorway in, not a be-all and end-all. (The authors actually state this.) Although this means the book will also become quickly dated or have to be frequently revised, I believe it is an invaluable element of the book's function as a "welcome center" into Enneagram territory. I realize that a review this glowing might have readers wondering, so let me be clear: I paid full price for my copy from and have received nothing of any kind in consideration for the review or its content. The book far exceeded my expectations and I recommend it without reservation.

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