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Personality Types-Don Richard Riso 1996 Don Richard Riso, M.A., is the most widely published and the bestselling author of books on the Enneagram. This is the revised and expanded edition of the classic on understanding the human personality—more than 150,000 copies sold! In addition to updating the descriptions of the nine personality types, this book uncovers the Core Dynamics, or Levels of Development, within each type.

Personality Types-Don Richard Riso 1996-10-29 The definitive guide to using this ancient psychological system to gain self-knowledge and achieve personal growth—now expanded and revised. The Enneagram is an extraordinary framework for understanding more 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 interpretation of the Enneagram, the ancient psychological system used to understand the human personality. In addition to updating the 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 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 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 What Really Matters: Searching for Wisdom in America

Discovering Your Personality Type-Don Richard Riso 2003-05-20 The bestselling beginner’s guide to identifying and understanding the nine personality profiles and applying them to your daily life. The leading experts in the field, Don Richard Riso and Russ Hudson have set the standard for determining personality type using the enneagram. Their studies of this ancient symbol and their progress in determining type with increasing accuracy are known, taught, and emulated worldwide.
Discovering Your Personality Type is the essential introduction to this system, a psychological framework that can be used practically, in many aspects of daily life. This revised and updated edition features the all-new, scientifically validated Riso-Hudson Type Indicator, and has also been refined and simplified to appeal especially to beginners and anyone interested in unlocking the secrets of personality. The most reliable, most accurate, and most accessible way to identify type, the improved enneagram questionnaire helps identify fundamental character traits, revealing invaluable directions for change and growth. The profile that emerges is useful for a wide variety of purposes: professional development, education, relationships, vocational counseling, and more. Discovering Your Personality Type is the book readers need in order to begin to see the possibilities made available by understanding personality types. More Than 1 Million Riso-Hudson Enneagram Books Sold

**Understanding the Enneagram**-Don Richard Riso 2000 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 & You**-Gina Gomez 2020-03-24 Unlock the power of personality types using the wisdom of the enneagram so you can strengthen your personal, professional, and romantic relationships today! The enneagram is an effective personality classification system that describes the characteristics, behaviors, and core values of nine different personality types—enneatypes—each identified by a number. The Enneagram & You helps you identify your personality type so you can discover how to best interact with your family, friends, coworkers, and love interests. You'll also learn about each type pairing—from Type 1 with Type 1 to a Type 9 with Type 9 and every combination in between—as well as the harmonies and challenges each pairing faces and advice on how to effectively communicate and better understand what each personality type needs to feel fully engaged, known, and valued. Armed with this knowledge, you'll begin to anticipate your reactions and responses to the various people in your life. And you'll also be able to better comprehend their reactions and responses to you. By understanding your own strengths and recognizing areas for growth, you can improve your relationships in ways that might have previously seemed impossible. Applying the wisdom of the enneagram-based personality types can lead to better connections and a deeper understanding of yourself and those around you!

**The Wisdom of the Enneagram**-Don Richard Riso 1999 A groundbreaking guide centering around the Enneagram—the most popular system for personality typing—presents a vast array of insight for determining personality types, from recognizing each type's WakeUp Call and Red Flag to letting go of self-defeating habits and reactions. Original.

**What's Your Enneatype? An Essential Guide to the Enneagram**-Liz Carver 2020-08-04 What's Your Enneatype? An Essential Guide to the Enneagram describes the nine Enneagram types, how to identify your own type and the types of those close to you, and how to use this knowledge to better yourself, your relationships, and your greater goals.


**The Essential Enneagram**-David Daniels 2009-11-24 The First and Only Scientifically Determined Enneagram Personality Test and Guide A 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 types—Perfectionist, Giver, Performer, Romantic, Observer, Loyal Skeptic, Epicure, Protector, and Mediator—this one-of-a-kind book equips you with all the tools you need to dramatically enhance your quality of life.

**The Enneagram**-Don Richard Riso 1987 This work, 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 should 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.

**The Enneagram Spectrum of Personality Styles**-Jerome P. Wagner 1996-01-01 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 aid 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.

**The Riso-Hudson Enneagram Type Indicator (RHETI, Version 2.5)**-Don Richard Riso 1998-01-01 This is the Riso-Hudson Enneagram Type Indicator (RHETI) Version 2.5 in booklet form. The RHETI produces a full personality profile across all nine types. This provides you with a unique portrait, indicating the relative strengths and weaknesses of the nine types within your overall personality.

**The Enneagram Advantage**-Helen Palmer 1998-11-17 Explores the nine personality types represented by the enneagram, with a quiz on determining which type someone is, and how to apply this information when dealing with people on the job.

**The Enneagram Made Easy**-Renee Baron 2009-09-15 The first easy—and fun—guide to the Enneagram, the fascinating and revealing method of understanding personality types, for the beginner, the expert, and everyone in between. This witty and informative guide demystifies the ancient Enneagram system with cartoons, exercises, and personality tests that reveal our motivations and desires and show how to put that knowledge to use in our everyday lives. The 9 Types of People: The Perfectionist: Motivated by the need to live life the right way, improve oneself and others, and avoid anger. The Helper: Motivated by the need to be loved and appreciated and to express your positive feelings towards others. The Achiever: Motivated by the need to be productive, to achieve success, and to avoid failure. The Romantic: Motivated by the need to understand your feelings and to be understood to search for the meaning of life, and to avoid being ordinary. The Observer: Motivated by the need to know everything and understand the universe, to be self-sufficient and left alone, and to avoid not having the answer or looking foolish. The Questioner: Motivated by the need for security, to feel taken care of, or to confront your fears. The Adventurer: Motivated by the need to be happy and plan fun things, to contribute to the world, and to avoid suffering and pain. The Asserter: Motivated by the need to be self-reliant and strong, to make an impact on the world, and to avoid being weak. The Peacemaker: Motivated by the need to keep the peace, merge with others, and avoid conflict.

**The Honest Enneagram**-Sarajane Case
Find a way to bring out the best in yourself with this heartfelt, informative, and approachable guide to all things Enneagram. The Enneagram personality system consists of a spectrum of nine personality types. Based on the hit Instagram account, @enneagramandcoffee, this book is an introduction to the Enneagram itself, along with information about each type. With the feeling of your best friend telling you about the Enneagram and beautiful illustrations mixed in with the writing, this book is digestible and engaging for new and seasoned Enneagram fans.

The Road Back to You - Ian Morgan Cron
2016-10-04 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 Spectrum of Personality Styles 2E - Jerome Wagner, Ph.D. 2021-02-18 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 Enneagram - Maria Beesing 1984 The Enneagram is a most helpful instrument in assisting persons to see themselves in the mirror of their minds, especially to see the images of personality distorted by complusions and other basic attitudes about self.

Enneagram For Dummies - Jeanette van Stijn 2021-01-05 Discover who you are and unlock your potential with the power of the Enneagram. Fans of Myers Briggs, The Five Love Languages, and Everything DiSC are loving the Enneagram test. The Enneagram is a personality typing system that describes patterns in how people interpret the world, manage their emotions, and experience their inner lives. The Enneagram describes nine different personality types and maps each of these types on a nine-pointed diagram to illustrate how each type relates to one another. From bestselling books, popular podcasts, online courses, workshops, even around the dinner table, the Enneagram is having a moment and is likely here to stay. But what does your number represent? Are you a three, a seven, a nine, or something in between? And how do you use your Enneagram number to better relate to loved ones, friends, and colleagues? Enneagram For Dummies is here to help. Written by Enneagram expert and author Jeanette van Stijn, Enneagram For Dummies offers a step-by-step approach for using the Enneagram as a tool for personal transformation and development. You'll discover: Which Enneagram type best matches your personality? Advice on overcoming challenges that your personality type often faces. Interpersonal skills you should develop to succeed with people of other Enneagram personality types. Ways to use your knowledge of Enneagram types to navigate the twists and turns of the workplace. How the Enneagram aligns itself with many of the world’s spiritual traditions. Whether you’re the Helper, the Investigator, the Peacemaker, or another personality type altogether, Enneagram For Dummies shows you how to overcome your inner barriers, recognize your unique gifts and strengths, and truly connect with the world around you.
The Enneagram Type 1-Beth McCord
2019-12-10 The Enneagram Collection is for anyone who wants to have a deeper understanding of their Enneagram type. The Enneagram Type 1: The Moral Perfectionist is an interactive book that focuses on those who have a core desire to have integrity and to be good, balanced, accurate, virtuous, and right. The book explores the unique motivations, longings, strengths, and weaknesses of a Type 1. The Enneagram Type 1: The Moral Perfectionist is a great self-assessment resource for all spheres of life, including: Personal and professional relationships Faith communities Students and even pop culture Author Beth McCord teaches readers how to transform self-limiting behaviors into life-enhancing personal empowerment. Books from The Enneagram Collection are great for anyone newly interested in the Enneagram or longtime Enneagram enthusiasts. Inside readers will find: Space to journal about their uniqueness, goals for inner stability, and ideals for achieving peace of mind Teachings about the strengths, challenges, and opportunities that a Type 1 needs in order to build a more meaningful life, lasting relationships, and a deeper understanding of God and one's self This ancient personality typing system identifies nine types of people and how they relate to one another. The system helps people discover what motivates them, their fears, and how best to interact with others. Not a Type 1 or want to learn about the other Enneagram types? Check out the rest of The Enneagram Collection by Enneagram coach, author, and speaker Beth McCord.

Cast in God's Image-Howard A. Addison 2001
Including hands-on spiritual exercises and guided meditations, offers an accessible and enjoyable way to learn about your personality type and its spiritual implications and insight on the sacred tasks that are uniquely yours to perform in this world."

The Complete Enneagram-Beatrice Chestnut
2013-07-31 The Enneagram—a universal symbol of human purpose and possibility—is an excellent tool for doing the hardest part of consciousness work: realizing, owning, and accepting your strengths and weaknesses. In this comprehensive handbook, Beatrice Chestnut, PhD, traces the development of the personality as it relates to the nine types of the Enneagram, the three different subtype forms each type can take, and the path each of us can take toward liberation. With her guidance, readers will learn to observe themselves, face their fears and disowned Shadow aspects, and work to manifest their highest potential.

The Enneagram Type 6-Beth McCord
2019-12-10 The Enneagram Collection is for anyone who wants to have a deeper understanding of their Enneagram type. The Enneagram Type 6: The Loyal Guardian is an interactive book that focuses on those who have a core desire to have security, guidance, and support. The book explores the unique motivations, longings, strengths, and weaknesses of a Type 6. The Enneagram Type 6: The Loyal Guardian is a great self-assessment resource for all spheres of life, including: Personal and professional relationships Faith communities Students and even pop culture Author Beth McCord teaches readers how to transform self-limiting behaviors into life-enhancing personal empowerment. Books from The Enneagram Collection are great for anyone newly interested in the Enneagram or longtime Enneagram enthusiasts. Inside readers will find: Space to journal about their uniqueness, goals for inner stability, and ideals for achieving peace of mind Teachings about the strengths, challenges, and opportunities that a Type 6 needs in order to build a more meaningful life, lasting relationships, and a deeper understanding of God and one's self This ancient personality typing system identifies nine types of people and how they relate to one another. The system helps people discover what motivates them, their fears, and how best to interact with others. Not a Type 6 or want to learn about the other Enneagram types? Check out the rest of The Enneagram Collection by Enneagram coach, author, and speaker Beth McCord.

The Enneagram-Helen Palmer 2011-11-22
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.

The Me I Want to Be-John Ortberg 2010
Provides a curriculum to guide teens in growing spiritually and understand how to live life as God desires.

The Enneagram Goes to Church-Todd Wilson 2021-03-16 Can the Enneagram make you a better ministry leader? Veteran pastor Todd Wilson learned that you need to understand how people work in order to effectively shepherd them. Whether you are on a church staff or leading a small group, you will find that the same Enneagram insights that help us grow in self-awareness can also be applied to life in our faith communities.

What Really Matters-Tony Schwartz 1995
Seeking meaning in everyday life, a journalist records his search, creating a guide to the best techniques for self-discovery, a social history of the consciousness movement, and a journey to the center of the soul.

Personality Type-Lenore Thomson 1998-10-27
The type test inside will tell you about the choices you've made and the direction you're taking—according to C. G. Jung's theory of psychological types. For Jung, knowing your type was essential to understanding yourself: a way to measure personal growth and change. But his ideas have been applied largely in the areas of career and marital counseling, so type has come to seem predictive: a way to determine your job skills and social abilities. This book reclaims type as a way to talk about people's inner potential and the choices they make in order to honor it. Using everyday examples from popular culture—films, "Star Trek," soap operas, comic strips—it describes the sixteen basic ways people come to terms with their gifts and values. In this book you will find tools to understand: • How your personality takes shape • How your type reflects not only your current priorities, but your hidden potential • How un-lived possibilities are trying to get your attention • How relationships at home and at work can help you to tap your unrealized gifts Whether you're trying to figure out who you are and what you need to do in life, or recognizing that deeper meaning lies beyond what you've already accomplished, this book will help you to become aware of your greatest strengths, your opportunities to live them out, and your ability to make the most of your unique potential.

Sex and the Enneagram-Ann Gadd 2019-08-27
Understanding your approach to dating, relationships, and sex through the lens of your Enneagram personality type • Explains the relationship and sexual differences in the 9 Enneagram personality types for both genders • Examines how we can create greater intimacy with our partners and what blocks our sexual enjoyment • Looks at each type’s fantasies and investigates how our behavior in relationships alters according to how emotionally integrated or disintegrated we are • Explores the three types of love and their counter-types; each type’s Enneagram Passions and Virtues in relation to intimacy; how to engage with each type; and whether some types make better lovers Sex can take us from the sacred sublime to the darkest aspects of humanity. It can carry us on the wings of pure pleasure, or crush and potentially destroy us. No act in the human experience, barring the essential survival needs of food and water, can have more of an effect on us. In Sex and the Enneagram, Ann Gadd explores relationships and sex through the lens of the Enneagram, its nine personality types, and the subtypes of the wings and Instinctual Triads. The author introduces the Enneagram system and provides a full chapter devoted to each type. She examines each type’s approach to sex, their fantasies, and levels of integration in relation to love and sex, as well as each type’s approach to issues such as pornography, sexual problems, and dating sites and whether some types make better lovers. The author explains the Enneagram Passions and Virtues of each type in relation to sex, divorce, wing influences, and gender and explains how the 27 Sub or Instinctual types and the Hornevian Triads of the Enneagram system affect our sexuality. Most importantly, Gadd looks at how we can heal ourselves sexually so we can...
create more fulfilling, transforming intimacy for ourselves and our partners. Through understanding ourselves and our partners sexually, with the help of the Enneagram, Gadd hopes to bring us to deeper levels of compassion and understanding for each other. Sex then can be an expression enhancing our love for each other, rather than simply a physical act. By understanding your own and your lover’s Enneagram type, intimate giving and receiving can be an empowering process to embody our love for ourselves and others.

The Enneagram and Kabbalah—Howard A. Addison 2006-01 Live more harmoniously with yourself and others and discover your own spiritual gateway to God. Together Kabbalah and the personality types of the Enneagram enhance understanding of our deepest motivations, opening us to personal and spiritual growth.

The Enneagram in Love and Work—Helen Palmer 2010-10-12 New from Helen Palmer, a "leading teacher and practitioner of the Enneagram" (San Francisco Chronicle), the first Enneagram book to give practical advice, in fascinating detail, on how to have the best possible relationships in love and business.

The Enneagram—Richard Rohr 2001 In this new, general introduction to the Enneagram, Rohr and Ebert show that the Enneagram was developed in Egypt by the Desert Fathers and rediscovered by a Franciscan missionary to the Moslems at the turn of the 14th century.

Brainspotting—David Grand 2013-04-01 Brain-based therapy is the fastest-growing area in the field of psychological health because it has proven that it can immediately address issues that talk therapy can take years to heal. Now Dr. David Grand presents the next leap forward in psychological care—combining the strengths of brain-based and talk therapies into a powerful technique he calls Brainspotting. In Brainspotting, Dr. Grand reveals the key insight that allowed him to develop this revolutionary therapeutic tool: that where we look reveals critical information about what’s going on in our brain. Join him to learn about: The history of Brainspotting—how it evolved from EMDR practice as a more versatile tool for brain-based therapy Brainspotting in action—case studies and evidence for the effectiveness of the technique An overview of the different aspects of Brainspotting and how to use them Between sessions—how clients can use Brainspotting on their own to reinforce and accelerate healing Why working simultaneously with the right and left brain can lead to expanded creativity and athletic performance How Brainspotting can be used to treat PTSD, anxiety, depression, addiction, physical pain, chronic illness, and much more “Brainspotting lets the therapist and client participate together in the healing process,” explains Dr. Grand. “It allows us to harness the brain's natural ability for self-scanning, so we can activate, locate, and process the sources of trauma and distress in the body.” With Brainspotting, this pioneering researcher introduces an invaluable tool that can support virtually any form of therapeutic practice—and greatly accelerate our ability to heal. “David Grand is one of the most important and effective psychological trauma therapists now practicing, and his development of Brainspotting is a very important leap forward in helping people resolve trauma. Brainspotting is a remarkable, sophisticated, flexible addition to the therapeutic toolkit of any psychotherapist. I know because I use it regularly, and find that, combined with the psychoanalytic approaches I normally practice, the results are astonishingly helpful. Using it, one becomes amazed at the extent to which our traumas can be detected in our ordinary facial and eye reflexes, and how, by using these windows to inner mental states, many traumas and symptoms can be rapidly relieved. Grand writes clearly, and the cases, dramatic as they are, are not exaggerated.” —Norman Doidge, MD, FRCPC, author of The Brain That Changes Itself; faculty, University of Toronto, Department of Psychiatry, and Columbia University Department of Psychiatry Center for Psychoanalytic Training and Research

Master Your Goals—Zig Ziglar 2020-11-10 REACH YOUR GOALS IN LIFE In the world of sales, motivation, public speaking and personal development, there will never be another Zig Ziglar (1926-2012). With an infectious sense of humor, his masterful story-telling skills, his uncanny ability to inspire, and his downhome Southern charm mean that his legacy is one that will last forever. Here are Zig Ziglar’s ideas, which still hold true in today’s modern world of technology and rapid change on how to reach
your goals and live your dreams. This book features Zig's unforgettable lessons on how to get more of the things that money will buy and all of the things that money won't buy. They are “truths which never change.” Here’s just a sampling of what you’ll learn: • You and Your Goals Program • The Specifics of Goal Setting • Reaching Your Goals in Life • Motivation Plus Information Equals Inspiration • The Foundations for Greatness • Overcoming Adversity to Live Your Dreams

**Becoming Us**-Beth McCord 2019-07-02 How Christian couples can understand their personality types—and build a more powerful bond of love. He doesn't listen to me . . . I don't understand her . . . Why do we keep having the same fight? If you’ve ever felt baffled by the person you married, join Enneagram Coach Beth McCord and her husband, Pastor Jeff McCord, as they pull back the curtain to reveal why you and your spouse behave in different ways. Applying the Enneagram through the lens of the gospel, they provide practical steps, insights, and tools to better understand yourself and each other. This book will help you: Answer the question, "Why do they do that?" Stop committing "assumicide" about each other’s motives and dramatically improve your communication Relate to your spouse in ways they actually understand Awaken a tired marriage that feels like it's on cruise control Defuse conflict before it starts, especially the same old “dance” Enjoy your spouse again, even if you've loved each other for years! Whether you’re preparing for marriage or celebrating a fiftieth anniversary, Becoming Us will revolutionize the way you understand yourself and your spouse, and transform your marriage into the powerful, loving, and satisfying relationship that God intended. “An insightful resource for those who want to understand themselves, their spouse, and their marriage through the lens of faith and the tool of the Enneagram.” —Ian Morgan Cron, Enneagram expert and author of The Road Back to You

**The Road Back to You Study Guide**-Ian Morgan Cron 2016-10-04 Want to go deeper into the Enneagram? This content-rich companion to The Road Back to You features helpful tools for growth, new material about Triads, five study sessions, and additional personal reflections about each type. Whether you are on your own or in a group, this guide will help you to grow in knowledge of yourself, compassion for others, and love for God.

**Authentic Happiness**-Martin Seligman 2011-01-11 In this important, entertaining book, one of the world’s most celebrated psychologists, Martin Seligman, asserts that happiness can be learned and cultivated, and that everyone has the power to inject real joy into their lives. In Authentic Happiness, he describes the 24 strengths and virtues unique to the human psyche. Each of us, it seems, has at least five of these attributes, and can build on them to identify and develop to our maximum potential. By incorporating these strengths - which include kindness, originality, humour, optimism, curiosity, enthusiasm and generosity -- into our everyday lives, he tells us, we can reach new levels of optimism, happiness and productivity. Authentic Happiness provides a variety of tests and unique assessment tools to enable readers to discover and deploy those strengths at work, in love and in raising children. By accessing the very best in ourselves, we can improve the world around us and achieve new and lasting levels of authentic contentment and joy.

**The Five Love Languages**-Gary Chapman 2016-06-30 In The 5 Love Languages, you will discover the secret that has transformed millions of relationships worldwide. Whether your relationship is flourishing or failing, Dr. Gary Chapman’s proven approach to showing and receiving love will help you experience deeper and richer levels of intimacy with your partner starting today.

**Positive Intelligence**-Shirzad Chamine 2012 Chamine exposes how your mind is sabotaging you and keeping you from achieving your true potential. He shows you how to take concrete steps to unleash the vast, untapped powers of your mind.