



# **Principles of the Enneagram: What it is, how it works, and what it can do for you Second Edition (Discovering Holistic Health)**

*Karen Webb*

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## **Principles of the Enneagram: What it is, how it works, and what it can do for you Second Edition (Discovering Holistic Health) Karen Webb**

Still the definitive introduction to the Enneagram, this revised and updated edition covers all the key information on this curiously accurate system of knowledge about human personality.

From its historical roots to how to use it in everyday life, the book encompasses all of the key aspects and principles of the subject. It explains the nine personality types, how they interrelate and how to recognise and understand your own and others' basic types. It also explores how the model can provide a lifelong guide that will encourage personal and spiritual growth, helping you to work with your personality's strengths and weaknesses to realise your true potential.

The perfect introduction to a timeless topic, this book will be of interest to anyone who wants to understand more about the Enneagram, whether for personal application or general interest.

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