



Beginning Your Enneagram Journey

Loretta Brady

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The Enneagram theory, as applied to human nature, suggests that there are nine different vantage points from which we humans view reality. From our particular views of reality will flow our motivations, our thoughts, our feelings, and our choices of action. There are two ways to approach the Enneagram. One way is to study it as a theory. The other way is to use it to help find the answers to: Who am I? Who are you? This book combines both approaches. In each chapter there is a discussion of part of the Enneagram theory followed by examples for the reader to ponder and respond to in your own way. Self-observation is the basis of our journey inward which can lead us to the very core of our persons. Our discoveries will eventually make possible new growth and healthier lives for ourselves and those with whom we interact.

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