

My Best Self: Using the Enneagram to Free the Soul

By Kathleen V. Hurley

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The authors of the popular *What's My Type?* break through to a dramatic new level of Enneagram work by exploring the Original -- or Hidden -- Wound and outlining the recovery of our Repressed Center -- the key to releasing our power to love ourselves, love others, and put our unique talents to work in the world. Reclaiming the Hidden Self or Repressed Center completes, heals, and integrates our personality. Through real-life examples and questions for personal or group use, the authors detail this soul-making process by which we become rounded, capable of love, and empowered to create and contribute.

Hurley and Dobson explore the three centers of human intelligence -- the Intellectual, the Relational, and the Creative -- and how they operate in our lives. Each of the nine personality types *prefers* one center, relies on another for backup support, and *represses* one center altogether. The Enneagram challenge is to recover the lost resources of our personality's repressed center. Freed to be fully intellectual, creative, and relational in our living, we become able to achieve harmony, joy, love, and creativity.

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Editorial Review

From Library Journal

The authors, psychologists and Enneagram workshop leaders, present basic Enneagram background quickly and then go on to focus on new material: the idea that each Enneagram type has a "repressed center" caused by an "original wound" and that types three, six, and nine have two subtypes with different repressed centers. Hurley and Dobson believe that soul-making has been neglected; hence, exercises, for group or individual use, are included to foster the soul-making process and help individuals become loving and creative persons. Recommended for libraries with any Enneagram materials.

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About the Author

Kathleen V. Hurley and Theodore E. Dobson, the authors of *What's My Type?*, are counselors and Enneagram workshop leaders. They live in Lakewood, Colorado.

Users Review

From reader reviews:

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