



Enneagram Transformations

Don Richard Riso

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Enneagram Transformations is a groundbreaking contribution to the self-help field. Riso offers readers the opportunity to take a psychological inventory of inner strengths that can be invaluable for self-development and all forms of recovery.

Enneagram Transformations Details

Date : Published January 29th 1993 by Mariner Books (first published January 1st 1993)

ISBN : 9780395657867

Author : Don Richard Riso

Format : Paperback 144 pages

Genre : Psychology, Nonfiction, Self Help

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Jessi says

I am a big fan of positive affirmations, they really do work if you make a habit of smiling really big and saying them (and FEELING them!!!) each day, several times a day. This book is full of affirmations specifically tailored to each enneagram type (I found the 7's very helpful!) and the kinds of physical and emotional challenges we face that are unique to our specific type.

Deidre says

These daily affirmations really rock and not cheesy like "I'm Good enough & people like me". More like "Wow, get outta my head!" Also gives me so much insight into my significant other's vulnerable spots & how to really shore up the person you love when you feel like you have no idea what to say.

Dimitris Hall says

να θα πω γι' αυτ? το βιβλ?ο: ?χω διαβ?σει πολλ? βιβλ?α για το Εννε?γραμμα. Αυτ? ?μως ε?ναι το μ?νο το οπο?ο ?χω κ?νει δ?ρο ξαν? και ξαν?. ?χω δ?σει σε φ?λους και αγαπημ?νους ανθρ?πους τα μ?ντρα και τα αποφθ?γματα του σε μορφ? αφισ?ν και γραμμ?των ξαν? και ξαν?, και για μ?να ε?ναι μια σ?ντομη εισαγωγ? για κ?ποιον ?στε να δει αν το Εννε?γραμμα του κ?νει ? ?χι. Οι αντιδρ?σεις μ?χρι τ?ρα ?χουν υπ?ρξει θετικ?τατες.

Πα?ρνει 4 μ?νο επειδ? πιστε?ω θα ?πρεπε να ε?ναι μ?ρος εν?ς μεγαλ?τερου βιβλ?ου σχετικ? με το Εννε?γραμμα και ?χι ξεχωριστ? ?κδοση.

Rachel Dawson says

This book is small but MIGHTY. It's best read once you have a solid understanding of the Enneagram, as it's mostly affirmations and releases for each type. I can't tell you how moving the list was for my type (#enneagram1) and how convicted i was by the releases for my type. I want to write all of these down and read them again and again as i love toward a more healthy, integrated way of living! So, so good.

Stephanie says

For those familiar with the Enneagram assessment, lots of useful affirmations/thoughts specific to your type.

Kelli says

Ready to go a little deeper

I took my Enneagram last year but did not do much with the 'results.' This year, I have decided I am ready to go deeper into understanding my type and true opportunities for Growth. Riso's overview was a great refresher. The affirmations and releases are powerful tools to use.

Sean Cooper says

No real depth

An interesting concept, but there is no real depth to this book. All affirmations and releases can be discovered by reading your type description, then resolving to stop doing the bad and to start doing the good. Not worth the money.

Wendy says

This book contains releases and affirmations for each type, and has helped me to catch myself in the act. When I am not busy putting on the trappings of my personality, I can be celebrating all the wonderful gifts I have and share myself with others.

Benny says

This book is entirely fascinating. I picked up a copy of this, and two more from the author when I was on break from Jury Duty, around 1997. Unfortunately, they soon disappeared from my collection - must've been stolen during the chaos of home invasion!

Angela McCuiston says

I read this once before in graduate school as it was required for a class. I was not impressed and sold it back - but only because I was not in a place in my life to appreciate and use it. Circumstances are very different for me now and it provides an interesting perspective on personalities which can help you better relate to others and yourself.

Deb Gregory says

This is not among my favorite enneagram books but I've found it to be an excellent resource. Sometimes I find myself texting friends with these releases and affirmations and they go along way.

Carson hall says

If you are into Enneagram this is a great book. The only complaint is if you don't know your type you have to do some research to find out what it is. I am a 4w5 and it is amazing that my weaknesses are all there. This book explains how to go from an unhealthy type to average to healthy. Just love it.

Heather says

Short but super helpful book on enneagram transformation. Knowing your type is fine but using the enneagram for personal growth is the ultimate. Book includes affirmations for releasing limiting beliefs and affirming those that are true and right for each type. As someone else put it, it is a small but mighty little book!

Ganesh says

Favorite affirmation for Type 2 (The Giver or Helper): "I now affirm my gratitude for all that others have given me."

Favorite affirmation for Type 5 (The Thinker): "I now affirm the strength and wonder of my body."

Favorite affirmation for Type 7 (The Enthusiast or Generalist): "I now affirm that I am profoundly grateful to be alive."

Favorite affirmation for Type 8 (The Leader): "I now affirm that I am most fulfilled by championing others."

Darren Briggs says

A friend of mine, who is a Spiritual Director, teaches courses using the Enneagram for self assessment, and spiritual development. This sparked my interest, so I began reading about it. This book has an excellent short introduction to the Enneagram, but is basically a book of renunciations and affirmations for each of the nine different personality types. I think it is a practical approach to help after identifying your own personality type.
