

Enneagram Resources

Books

- *The Road Back to You** by Ian Cron and Suzanne Stabile. This unique, narrative-based approach allows you to see and experience the world through the eyes of people who represent each of the Enneagram types.
- *Self to Lose, Self to Find: Using the Enneagram to Uncover Your True, God-Gifted Self** by Marilyn Vancil: We, like seeds, developed a protective coat to help us survive in the world. But in order to live fruitful lives, we need to allow the protective coat to soften and fall away in order to grow.
- *Becoming US** by Beth and Jeff McCord. This book for marriage helps us answer the question, "Why do they do that?"; Stop committing "assuicide" about each other's motives; Awaken a tired marriage that feels like it's on cruise control and much more.
- *The Wisdom of the Enneagram* by Don Richard Riso and Russ Hudson: Vivid individual profiles focused on maximizing each type's potential and minimizing predictable pitfalls.
- *The Complete Enneagram* by Beatrice Chestnut: Deeper dive into the Subtypes and the path each type can take toward liberation.
- *Spiritual Rhythms for the Enneagram** by Adele Ahlberg Calhoun and Doug Calhoun: If you want to fulfill the potential for which you have been made, this book is for you. You will need to marinate in the carefully structured exercises.
- *Personality Types: Using the Enneagram for Self-Discovery* by Riso & Hudson: Deep Dive into the 9 different levels of development for each type.
- *Permission to Feel:* by Marc Brackett (Helpful for Type 4s)

Journals/Devotionals:

- *The Enneagram Collection ** by Beth McCord: Interactive books that focus on each type's core motivations, longings, strengths and weaknesses.

Podcasts

- Your Enneagram Coach, the Podcast*
- Living Enneagram with Callie Ammons*
- Enneagram 2.0 Podcast

Instagram Accounts

- Gospelforenneagram*
- Youenneagramcoach*
- Enneagram.life
- Enneagramexplained

You Tube Channels

- Hillary McCaskey - good, simple videos on the enneagram
- Callie Ammons Enneagram*

**denotes resources with a spiritual/religious perspective*



Want to learn more?

Contact me for a free coaching consultation.

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