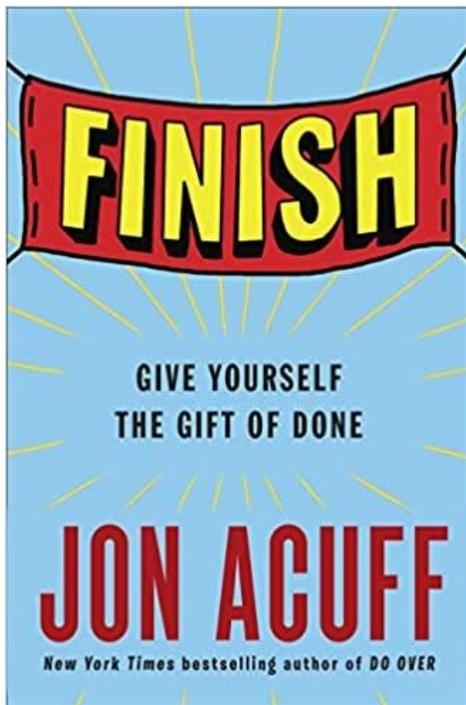


EXPLORING *The Enneagram*

BOOKS FOR TYPE FOUR: THE INDIVIDUALIST

(AKA *The Creative* or *The Romantic*)



Finish: Give Yourself the Gift of Done

By Jon Acuff

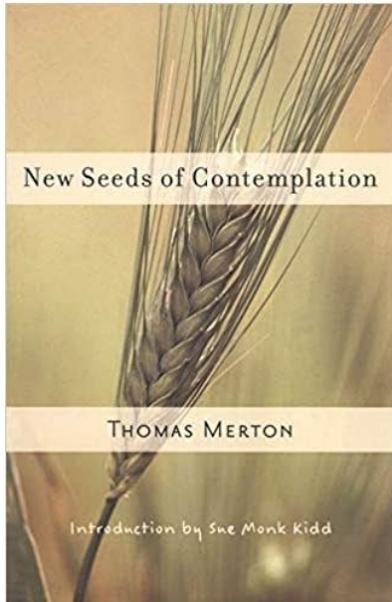
From Amazon.com:

According to studies, 92 percent of New Year's resolutions fail. You've practically got a better shot at getting into Juilliard to become a ballerina than you do at finishing your goals.

For years, I thought my problem was that I didn't try hard enough. So I started getting up earlier. I drank enough energy drinks to kill a horse. I hired a life coach and ate more superfoods. Nothing worked, although I did develop a pretty nice eyelid tremor from all the caffeine. It was like my eye was waving at you, very, very quickly.

The strategies in this book are counterintuitive and might feel like cheating. But they're based on studies conducted by a university researcher with hundreds of participants. You might not guess that having more fun, eliminating your secret rules, and choosing something to bomb intentionally works. But the data says otherwise. People who have fun are 43 percent more successful! Imagine if your diet, guitar playing, or small business was 43 percent more successful just by following a few simple principles.

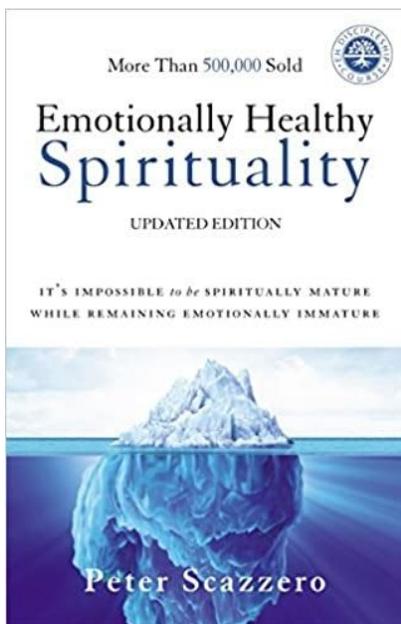
If you're tired of being a chronic starter and want to become a consistent finisher, you have two options: You can continue to beat yourself up and try harder, since this time that will work. Or you can give yourself the gift of done.



New Seeds of Contemplation by Thomas Merton

From Amazon.com

New Seeds of Contemplation is one of Thomas Merton's most widely read and best-loved books. Christians and non-Christians alike have joined in praising it as a notable successor in the meditative tradition of St. John of the Cross, The Cloud of Unknowing, and the medieval mystics, while others have compared Merton's reflections with those of Thoreau. *New Seeds of Contemplation* seeks to awaken the dormant inner depths of the spirit so long neglected by Western man, to nurture a deeply contemplative and mystical dimension in our lives. For Merton, "Every moment and every event of every man's life on earth plants something in his soul. For just as the wind carries thousands of winged seeds, so each moment brings with it germs of spiritual vitality that come to rest imperceptibly in the minds and wills of men. Most of these unnumbered seeds perish and are lost, because men are not prepared to receive them: for such seeds as these cannot spring up anywhere except in the soil of freedom, spontaneity and love."



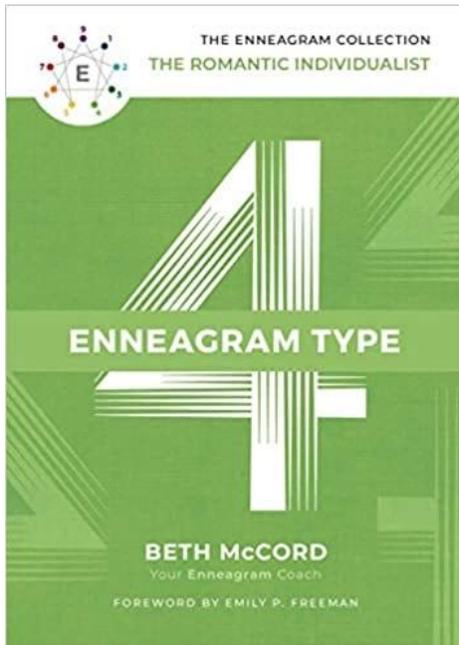
Emotionally Healthy Spirituality by Peter Scazzero

From Amazon.com

Peter Scazzero learned the hard way: you can't be spiritually mature while remaining emotionally immature. Even though he was the pastor of a growing church, he did what most people do:

- Avoid conflict in the name of Christianity
- Ignore his anger, sadness, and fear
- Use God to run from God
- Live without boundaries

Eventually God awakened him to a biblical integration of emotional health and the spiritual practice of slowing down and quieting your life to experience a firsthand relationship with Jesus. It created nothing short of a spiritual revolution in Scazzero, in his church, and now in thousands of other churches.



The Enneagram Type 4 by Beth McCord

The Enneagram Type 4: The Romantic Individualist is an interactive book that focuses on those who have a core desire to be loved and wanted. The book explores the unique motivations, longings, strengths, and weaknesses of a Type 4.

Enneagram author, speaker, and coach Beth McCord is passionate about coming alongside individuals and helping them understand and interpret their story, allowing them to see that lasting change, meaningful relationships, and a life of deep purpose is possible.

Beth's mission is to make personal awareness and growth accessible for everyone, anywhere, so they can experience health and transformation in every area of their lives.