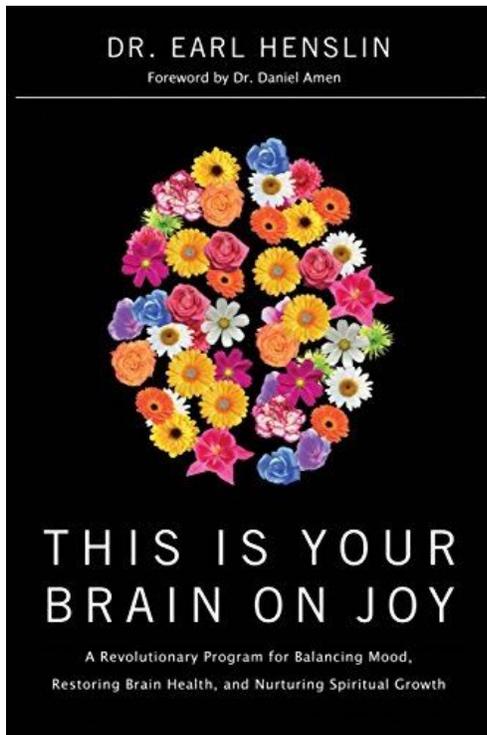


EXPLORING *The Enneagram*

BOOKS FOR TYPE SIX: THE LOYALIST

(AKA *The Guardian* or *The Confidant*)



This Is Your Brain On Joy By Dr. Earl Henslin

From Amazon.com:

In this breakthrough book, Dr. Earl Henslin reveals how the study of brain imaging turned his practice of psychotherapy upside down—with remarkably positive results.

He shares answers to puzzling questions, such as

- Why isn't my faith in God enough to erase my blue moods?
- Why haven't I been able to conquer my anger? Pray away my fear and worry?
- Why can't I find freedom from secret obsessions and addictions?

Using the Brain System Checklist, Dr. Henslin explains what happens to the 5 Mood Centers in the

brain when any of those areas are out of balance. This is great news, especially for those tortured by the fear that something is fundamentally wrong with them when the problem actually lies between their ears.

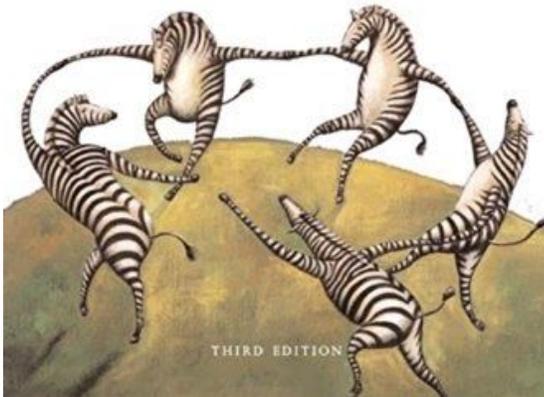
Read this practical, easy-to-understand, and often entertaining book, and you'll know exactly how to nourish your mind, balance your brain, and help others do the same. After all, the capacity for joy is a terrible thing to waste.

ROBERT M. SAPOLSKY
Author of *A Primate's Memoir*

WHY ZEBRAS DON'T GET ULCERS

The Acclaimed Guide to Stress, Stress-Related
Diseases, and Coping—Now Revised and Updated

"One of the best science writers of our time."
—Oliver Sacks



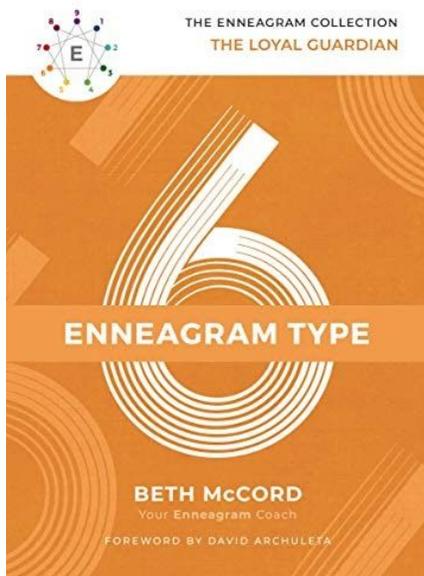
Why Zebras Don't Get Ulcers by Robert M. Sapolsky

From Amazon.com

As Sapolsky explains, most of us do not lie awake at night worrying about whether we have leprosy or malaria. Instead, the diseases we fear—and the ones that plague us now—are illnesses brought on by the slow accumulation of damage, such as heart disease and cancer. When we worry or experience stress, our body turns on the same physiological responses that an animal's does, but we do not resolve conflict in the same way—through fighting or fleeing. Over time, this activation of a stress response makes us literally sick.

Combining cutting-edge research with a healthy dose of good humor and practical advice, *Why Zebras Don't Get Ulcers* explains how prolonged stress causes or intensifies a range of physical and mental afflictions, including depression, ulcers,

colitis, heart disease, and more. It also provides essential guidance to controlling our stress responses. This new edition promises to be the most comprehensive and engaging one yet.



The Enneagram Type 6 by Beth McCord

The Enneagram Type 6: The Loyal Guardian 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 6.

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.