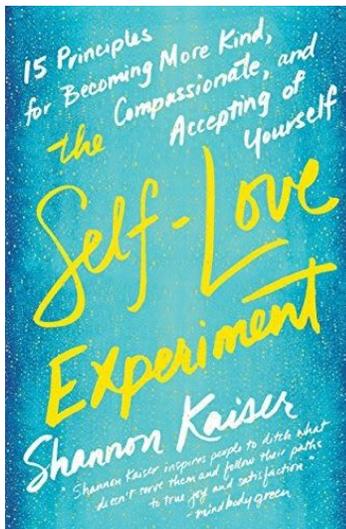


EXPLORING The Enneagram

BOOKS FOR TYPE TWO: THE HELPER

(AKA The Giver)



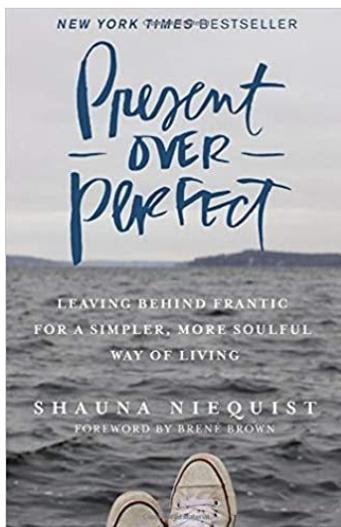
The Self-Love Experiment

By Shannon Kaiser

From Amazon.com:

Too many people seem to believe that they are not allowed to put themselves first or go after their own dreams out of fear of being selfish or sacrificing others' needs. The Self-Love Experiment rectifies this problem. Whether you want to achieve weight loss, land your dream job, find your soulmate, or get out of debt, it all comes back to self-love and accepting yourself first. Shannon Kaiser learned the secrets to loving herself, finding purpose, and living a passion-filled life after recovering from eating disorders, drug addictions, corporate burnout, and depression.

Shannon walks you through her own personal experiment, a simple plan that compassionately guides you through the process of removing fear-based thoughts, so you can fall in love with life. If you want to change your outcome in life, you have to change your daily habits and perspective. Shannon takes you on this great journey into self-love and true self-acceptance.

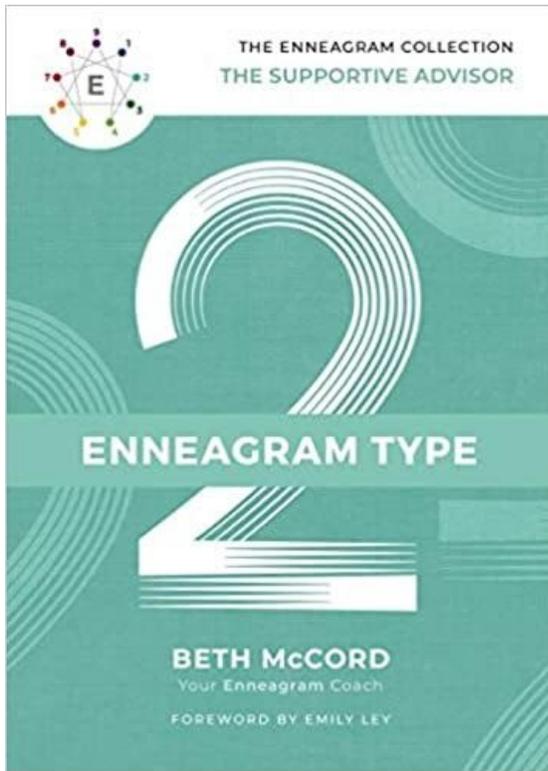


Present Over Perfect

by Shauna Niequist

From Brené Brown (New York Times bestselling author):

“Present Over Perfect is an open-armed invitation to welcome the people we love, and even ourselves, back into our lives. It’s not an easy call, but Shauna is at the door and she knows exactly how to make us feel at home.”



The Enneagram Type 2 by Beth McCord

The Enneagram Type 2: The Supportive Advisor 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 2.

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.