



# Spiritual rhythms for the enneagram [ a handbook for harmony and transformation /

Calhoun, Adele Ahlberg (1949-)

IVP Books, an imprint of InterVarsity Press, [2019]

Monografía

The Enneagram opens a remarkable window into the truth about us, but simply diagnosing our number doesn't do justice to who we are. Transformation happens as we grow in awareness and learn how to apply Enneagram insights to the rhythms of our daily lives. Filled with exercises to engage, challenge, encourage, and sustain, this handbook will help us grow in greater awareness and lead us to spiritual and relational transformation.

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**Título:** Spiritual rhythms for the enneagram Recurso electrónico] a handbook for harmony and transformation Adele and Doug Calhoun, Clare and Scott Loughrige ; foreword by Jerome Wagner

**Editorial:** Downers Grove, Illinois IVP Books, an imprint of InterVarsity Press [2019]

**Descripción física:** 239 p.

**Mención de serie:** EBSCO Academic eBook Collection Complete

**Bibliografía:** Incluye referencias bibliográficas

**Contenido:** Cover; Title Page; Copyright; Dedication Page; Contents; Foreword by Jerome Wagner; Introduction: You've Got Harmony; Key Terms; Part I: The Gut Triad: Eights, Nines, and Ones; Eights-Strength Is Contemplative Love; Nines-Peace Effects Team; Ones-Goodness Creates Joy; Part II: The Heart Triad: Twos, Threes, and Fours; Twos-Love Contemplates Then Decides; Threes-Effective Loyalty Harmonizes; Fours-Creativity Joyfully Renews; Part III: The Head Triad: Fives, Sixes, and Sevens; Fives-Wisdom Lovingly Directs; Sixes-Faithfulness Produces Peace; Sevens-Joy Is Deeply Stable; Part IV: Soul Resources Soul Resource 1. STOP for HarmonySoul Resource 2. Solitude and Silence; Soul Resource 3. Returning Prayer for Harmony; Soul Resource 4. Mindful Body Harmony; Soul Resource 5. Examen and Harmony; Soul Resource 6. Welcoming Prayer; Soul Resource 7. Imaginative Prayer; Soul Resource 8. Practicing the Presence of God; Soul Resource 9. Work Styles and Harmony; Soul Resource 10. Harmony Triads; Soul Resource 11. Discovering Your Enneagram Type; Soul Resource 12. Small Group Discussion on Empathy; Gratiitudes; Notes; Also Available from Intervarsity Press Praise for Spiritual Rhythms for the Enneagram; About the Authors; More Titles from InterVarsity Press

**Detalles del sistema:** Forma de acceso: World Wide Web

**ISBN:** 9780830871216 0830871217 9780830836000

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