



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

Calhoun, Adele Ahlberg (1949-)

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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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