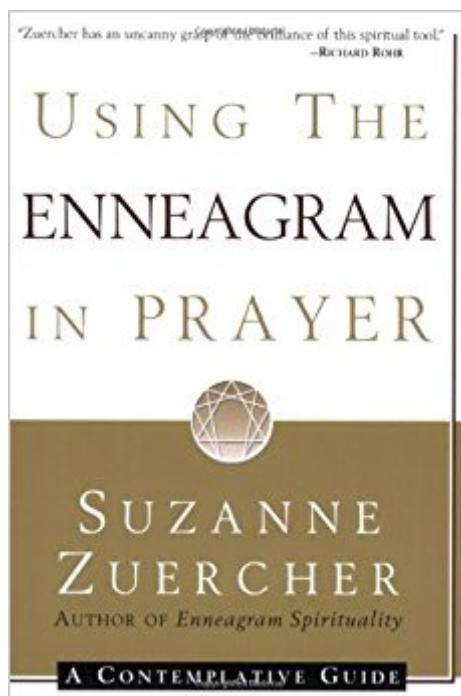


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# Using The Enneagram In Prayer: A Contemplative Guide



## **Synopsis**

Suzanne Zuercher, an authority on the Enneagram, a system of spiritual psychology based on personality types, explores the best way for people of each Enneagram to pray. Reflecting on a number of different prayer practices from the perspective of each triad, Zuercher explores how the Enneagram can help develop a contemplative attitude toward life. Anyone who has used the Enneagram as a tool for personal growth will find this wise book is a concise source of deeper self-awareness and an invaluable guide on how to use the Enneagram in prayer.

## **Book Information**

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## **Customer Reviews**

Suzanne Zuercher, O.S.B., was a member of the Benedictine Sisters of Chicago, a member of St. Scholastica Monastery, and a psychologist. She was a pioneer in the spirituality of the Enneagram and has presented workshops and programs on the subject around the world. Zuercher died in 2014.

Tiny book, but lots of good info. Groups the Types into their centers (8/9/1; 2/3/4, and 5/6/7), and talks about them as a group, so don't expect a lot of detailed information for a specific type. Well written, gives tips and insights for the centers in relation to a variety of prayer/contemplation practices rather than providing specific techniques for a given type/center. For example, it discusses the use of imagery in prayer for the various centers, showing the strengths and pitfalls for the centers, and gives suggestions on how to make that specific practice more meaningful for that

center group. Similar treatments are given for a variety of spiritual practices. This is different from a lot of other enneagram books in that others tend to suggest specific spiritual practices for each type.

I have taught Enneagram to various groups. This is an excellent resource for those with a spiritual interest. It helps identify blocks to prayer (whatever that means to you) for each type. She is a rich resource for those who understand the system and have self identified their own focus of attention.

A wonderful book! This is the best book on the Enneagram that I have read.

Great resource!

Recommended by a teacher, this is an interesting but confusing book. My problem is that it lumps three Enneagram types into one, and doesn't take into account the wings. For instance, I'm a 5 with a 4 wing, so I have to look into two different places for assistance.

This is my second book on the Enneagram. It is well written, I am just not sure that the Enneagram should be integrated with spirituality. I see it more tied to psychology.

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