Who am I? Expert decodes nine personality patterns that obscure well-being

SANTA FE, NM — Despite the economic crisis of 2008-2012, one sector boomed: personal growth books, CDs, and programs. Millions are asking, “Who am I, and why don’t I feel at peace with myself or at ease in the world?” Deep Living: Transforming Your Relationship to Everything That Matters through the Enneagram (Enneagram Press 2013, $24.95) by Roxanne Howe-Murphy, EdD, offers a rare map to these desired states and takes you where you are least likely to look on your own. “Deep Living is profound transformational inner-directed therapy,” says Nancy Lorraine, senior reviewer for The Midwest Book Review.

Key to experiencing personal well-being is understanding that unconscious, learned personality patterns instill a false sense of what will nourish us. Many are surprised to discover that their default ways of thinking, behaving, and feeling are little more than coping mechanisms, many of which lead to seemingly irresolvable inner divides. “There is nothing missing in you,” Howe-Murphy says. “What is lacking is a direct and unfiltered experience of inhabiting your own life, which the vast majority of us have never been taught to do.”

Howe-Murphy uses the ancient wisdom of the Enneagram—a non-dogmatic system for exploring the human condition—to illuminate nine versions of the human condition and how each of us has a particular way we unconsciously stray from our deepest nature. She offers proven tools and practices to apply those new insights in everyday life and to build the capacity for living with presence. “Going forward with this awareness, more creative and effective choices become available to you. You will begin to notice that you are so much more authentic, lovable, energetic, and courageous than you thought,” says Howe-Murphy.

Best-selling author Marci Shimoff writes in the book’s foreword, “We think: ‘If I just get enough of this, then I’ll be happy.’ Each of the nine Enneagram archetypes has a different ‘this’ that we think will make us happy—but it will never satisfy our deeper longing. In Deep Living, we discover our false pursuits, and we’re given understanding and a strategy to experience real satisfaction. This remarkable approach to fulfillment is nothing short of a revelation.” The book is also endorsed by Don Richard Riso and Russ Hudson, Patt Lind-Kyle, and Michael J. Gelb.

Howe-Murphy is the author of the internationally acclaimed book, Deep Coaching: Using the Enneagram as a Catalyst for Profound Change, and the founder of the Deep Coaching Institute, a leading Enneagram coaching school, as well as the Deep Living Institute for spiritual and life practice. For over twenty years, she served on the faculties of San Francisco State, San Jose State, and Boston Universities. In 1987, she co-authored an internationally adopted textbook and has contributed a dozen leading-edge articles to the professional literature. She is on the faculty of the Core Strengths Coaching Program at San Francisco State University.

Deep Living: Transforming Your Relationship to Everything That Matters through the Enneagram will be available March 25, 2013, through Ingram and major online booksellers.

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