Feeling stressed? Alone? Exhausted?

So many view their lives as happening to them; they don’t see themselves as awake and active conductors of their own lives.

In *Deep Living*, Roxanne Howe-Murphy, EdD, offers a radically compassionate, rare, and mature approach to personal change. She integrates the ancient wisdom of the Enneagram with presence-based practices for everyday living, revealing unexpected healing processes that will transform how you see and experience yourself—and the world around you.

If you yearn to live with ease, to move toward your soul’s true purpose, to feel at home in your own skin and to live at ease in the world, this new book will guide you along the path

- from inner inadequacy to real inner authority;
- from struggle to real inner peace; and
- from Self-limiting ideas and stories to real inner liberation and authenticity.

You have an innate and evolutionary capacity for the deep intelligence of direct, in-the-moment experiences, and the Enneagram—used consciously—is a map of nine profound journeys from separateness to wholeness and love.

Find the reflection of your particular true nature with *Deep Living*.

Roxanne’s personal style, breakthrough methods for sustainable transformation, and her deep honoring of the soul’s journey have inspired people around the world. A pioneer and global expert in integrating the Enneagram with executive and spiritual coaching, Roxanne authored the internationally acclaimed book, *Deep Coaching: Using the Enneagram as a Catalyst for Profound Change*, and founded the Deep Coaching Institute (www.deepcoachinginstitute.com), which offers accredited training programs to growth-oriented professionals. Now, through the Deep Living Institute (www.deeplivinginstitute.com), the same expert guidance and compassionate, presence-based approaches for true Self-deepening are available to the lay public.

With a doctorate in education, Roxanne served on the faculty at Boston, San Francisco State, and San Jose State Universities for over twenty years. Her professional life also encompasses three decades of work in rehabilitation, consulting, and coaching.

Recently, Roxanne has become an enthusiastic student of the cello.
PRAISE FOR DEEP LIVING

“We recommend this book as an important source of spiritual guidance to support and accelerate your own awakening.”
Don Richard Riso and Russ Hudson, authors of The Wisdom of the Enneagram and Personality Types

“Deep Living is profound transformational inner directed therapy. . . .”
Nancy Lorraine, Senior Reviewer, The Midwest Book Review

“The malaise of our time is shallow-mindedness, superficiality, and abbreviated awareness. Deep Living by Dr. Roxanne Howe-Murphy offers a compelling antidote.”
Michael J. Gelb, author of How to Think Like Leonardo da Vinci

“Deep Living is a valuable resource to unlock our personality structure and to transform into our evolutionary nature.”
Patt Lind-Kyle, author of Heal Your Mind, Rewire Your Brain

“Read this book to understand yourself more fully and appreciate yourself more deeply.”
Marcia Cannon, PhD, MFT, author of The Gift of Anger

“Deep Living provides a map to interior freedom and more genuine relationships with God, Self, and others.”
Suzanne Buckley, Director, Mercy Center; Editor, Sacred Is the Call—The Transformational Work of Spiritual Direction Programs for Personal and Professional Growth

“The Enneagram is a powerful resource for gaining a unique doorway into self-knowledge, an essential benefit for people in the midst of career change and other life transitions. As you dive into Deep Living, you’ll uncover nuances about your own innate capacities, gifts, and beliefs that will help you discover ways you can deepen the way you live your life.”
Carol McClelland, PhD, author, The Seasons of Change: Using Nature’s Wisdom to Grow through Life’s Inevitable Ups and Downs

“If you are ready to witness yourself with both eyes wide open [and] to learn how to live in alignment with your true essence, this is the book for which you have been waiting.”
Suzanne Glazer, Assistant Director, Executive Coaching Leadership Initiative, Harvard Business School

“Roxanne Howe-Murphy captures the deepest beat of life and translates it for the ears, eyes, and hearts of all who claim readiness for what life can be about.”
Harriett Simon Salinger, MCC, LCSW, Executive and Personal Coach, Spiritual Director and Certified Seeker

“Roxanne Howe-Murphy . . . provides accessible, type-specific practices that support movement out of [disabling] patterns and into a more integrated way of being.”
Lauren Vanett, Founder and Director, Core Strengths Coaching Program, San Francisco State University

“In Deep Living, Roxanne provides one of THE most accessible (simple and understandable) descriptions of the spiritual journey yet published. . . . What a gift!”
Lynda Roberts, Faculty, The Enneagram Institute; Treasurer, The Board of the International Enneagram Association; Project Management Professional

“Deep Living clearly and concisely describes the fundamentals of personal growth and spiritual awareness. This could easily be a text book for a college class focused on the emotional and social intelligence required to excel personally and professionally. It will transform your life.”
Doug Moore, PhD, Psychologist and Life Coach

“Finally, here is a book that reveals how to achieve inner peace by first tuning into your body’s brilliance. Roxanne Howe-Murphy’s Deep Living is a book that you will reference again and again.”
Vicky Cruz, Doctor of Chiropractic, Speaker, Facilitator, and Instructor, NET Certified Practitioner; Co-Founder, Full Moon Healing Center