



Deep Living: Transforming Your Relationship to Everything That Matters through the Enneagram (English Edition)

Roxanne Howe-Murphy



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Kurzbeschreibung

To be at home in yourself and at ease in the world are among life's greatest blessings. In Deep Living, Dr. Roxanne Howe-Murphy illuminates the stunning and paradoxical mechanisms through which our personalities unconsciously take each of us in exactly the opposite direction of our deepest nature. The result is a seemingly unsolvable inner divide. Offering a radically compassionate, rare, and mature approach to personal change, Dr. Howe-Murphy integrates the ancient wisdom of the Enneagram with presence-based practices for everyday living and unexpected healing processes, to transform how we see and experience ourselves and the world around us. By shifting where we put our attention, our innate and evolutionary capacity for the deep intelligence of presence grows, and we move toward our soul's true longing and purpose. Tapping into our direct, in-the-moment experience leads us from a distorted sense of self and others to an authentic connection with what's true. By doing so, we move: - from inner inadequacy to real inner authority - from struggle to real inner peace - from being in the grip of personality to real inner liberation. Used wisely, the Enneagram is a map of nine profound journeys from separateness to wholeness and love. In Deep Living, readers will find the reflection of their particular true nature.

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Über den Autor und weitere Mitwirkende

Dr. Roxanne Howe-Murphy integrates her education and the depth of her own personal work during four decades of professional experience in diverse fields--including rehabilitation, higher education, consulting, and coaching--in her most recent book, Deep Living: Transforming Your Relationship to Everything that Matters through the Enneagram. A pioneer and global expert in integrating the Enneagram with executive and life coaching, Roxanne authored the internationally acclaimed book, Deep Coaching: Using the Enneagram as a Catalyst for Profound Change, which has provided guidance to thousands of coaches around the world. She founded the Deep Coaching Institute, which offers accredited training programs internationally to growth-oriented professionals wanting to embody the practical intricacies and the profound art, science, and spiritual consciousness of the Enneagram into their businesses' professional practices. Roxanne's personal style, her breakthrough methods for sustainable transformation, and her deep honoring of the soul's journey have inspired laypeople and professionals around the world. Through the Deep Living Institute, Roxanne and her associates now offer the same expert guidance and a compassionate, presence-based approach for true Self-deepening for the lay public through courses, workshops, retreats, and coaching. After living near the ocean for most of her adult life, Roxanne and her husband followed their heart's dream and moved to beautiful Santa Fe, New Mexico. Amid the beauty of the high-desert landscape, they enjoy hiking in the mountains and soaking in a vast array of distinctive artistic, multicultural, and educational activities. Roxanne has recently become an enthusiastic student of the cello.

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