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FOR IMMEDIATE RELEASE: July 4, 2020

NGIBA Award Honors Book on Recovering One's True Nature in Times of Chaos

(Santa Fe, NM) - The highly praised, #1-international bestselling book, *Deep Living with the Enneagram*, was recently named a 2020 Next Generation Indie Book Awards (NGIBA) finalist in the Mind-Body-Spirit category.

Written for growth-oriented adults at this time of uncertainty, loss and upheaval, the book abundantly reveals emerging possibilities. The purposes of this revised and updated edition are twofold:

- to provide ways to build on the reader's innate—though often unrecognized—sources of deep intelligence that serve as internal anchors in meeting the stresses of this unequalled time;
- and to enhance the reader's personal level of presence and awareness—thus increasing freedom from compulsions of the habitual self and deepening receptivity to new ways of being—both vital not only to individuals but to the well-being of others and the planet.

In her praise for the book, multiple *New York Times* best-selling author and teacher, Christiane Northrup, MD, zeroes in on one of fundamental takeaways: “Learn how to be true to yourself without getting trapped in your personality. That is when deep living and freedom really begin.”

Providing a unique perspective on the nature of the personality and its relationship to one's true nature, author Roxanne Howe-Murphy, EdD, introduces the invisible rules of each personality type's specific “ego code.” Left uninterrupted, the personality's ego code exacerbates any difficult mental, emotional, behavioral and interpersonal health states, leaving the individual feeling “boxed in.”

Drawing upon the sacred psychology of the Enneagram and the power of presence, Howe-Murphy guides the reader to recognize and use practices that focus attention on the integral strengths of the body, the heart and the mind, which in turn support the recovery of one's wholeness. With compassion, wisdom and practical insight, the author helps readers cultivate their innate capacities for living deeply as real human beings, enjoying an intimate and transformed relationship with oneself. Ultimately, this book takes the reader beyond their personality type and into recognition of one's true nature.

NGIBA is a literary awards program that recognizes and honors authors and publishers of exceptional independently published books. Due to COVID-19, an online awards ceremony was held June 28, 2020, to honor acknowledged books and authors.

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Deep Living with the Enneagram: Recovering One's True Nature (Enneagram Press, 2020) is available in print, Kindle and audiobook editions through a favorite bookstore or online retailers. Paperback; 476 pp.; \$32.95; 7.5" x 9.2"; 978-0-9793847-3-8.

A pioneer in integrating the Enneagram and coaching, Roxanne Howe-Murphy, EdD, works as a changemaker, teacher and retreat leader, offering a profound yet practical perspective of the Enneagram. She is the author of *Deep Coaching: Using the Enneagram as a Catalyst for Profound Change* and *Deep Living: Transforming Your Relationship to Everything That Matters through the Enneagram*. She teaches internationally and lives in Santa Fe, New Mexico. Her website is: <https://roxannehowemurphy.com/>.

To book Roxanne Howe-Murphy for an interview or book talk, please contact:

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Additional Media Links:

- Book page: <https://roxannehowemurphy.com/books/deep-living-with-the-enneagram-recovering-your-true-nature-revised-and-updated/>
- About the Enneagram: <https://roxannehowemurphy.com/enneagram-a-body-of-wisdom-and-transformation/>
- Illustration: the iceberg models: <https://roxannehowemurphy.com/iceberg-model/>
- Short author video: https://youtu.be/nDi_l0j_ZdA
- Free chapter and sign up for the author's mailing list: <https://mailchi.mp/5f6f1a2ffde9/free-chapter-1-download>