

Underneath Your Personality

Discover Greater Well-Being through Deep Living with the Enneagram

by Roxanne Howe-Murphy, EdD

Your Personality is Only Part of the Story

You might ask: what does the Enneagram contribute to your overall well-being? To live a life that is less stressful and more meaningful *requires* building a better relationship with the whole of who you are.

Living on the surface of life can be exhausting, creating unnecessary struggles, and blinding us to our truer self.

Underneath Your Personality is a presence-based approach to the Enneagram that offers a new way to be in a relationship with yourself first, then with others.

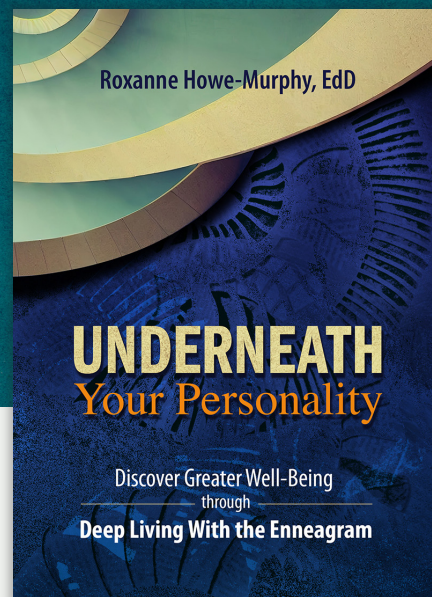
This book reveals the Enneagram as an essential ally in the quest for self-understanding, self-acceptance, and for freedom from the nagging feeling that something in your life is missing.

A transformed relationship with ourselves affects our effectiveness in every part of our life.

This accessible, easy-to-read, and compelling book:

- ◆ Introduces the essential principles of Deep Living.
- ◆ Explores the powerful connection between personality and presence to help you become more comfortable in your own skin.
- ◆ Provides a proven approach to start recovering your authentic nature and building your capacity for greater well-being.
- ◆ Offers examples of how others have benefitted from the Enneagram and Deep Living.

The appendix introduces the essential principles for integrating Deep Living into coaching, facilitation, and other transformational practices for human development professionals.



The Newest Addition to the Deep Living Book Collection

Underneath Your Personality is an important step in discovering who you really are below the habits of the personality so you can be true to yourself.

PRODUCT SPECS

Inspiration and Personal Growth / Spiritual / Personality

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ADVANCE PRAISE

“This concise book will walk you down a path toward an honest relationship with the multifaceted person you are. The reflections, examples, practices, and key concepts outlined throughout serve as guides for understanding the impact your personality has on how you live your life and on your well-being. The book alone will serve you well, and as a passage to *Deep Living With the Enneagram*, it can serve you as a powerful start towards a life lived with more awareness and more honest connection.”

- Irma Velasquez, DHL, Author, *Fish Dreams: A Mother’s Journey from Curing Her Son’s Autism to Loving Him as He Is*, Artist, Educator, & Social Advocate

“This book serves as a welcoming on-ramp to a more enriched and authentic way of living and offers clarity that makes the complex world of personal growth more easily navigable. What sets this book apart is its seamless integration of the Enneagram, which emerges as a critical ally in the quest for self-understanding. **With a gentle yet skillful approach, Roxanne Howe-Murphy offers examples and practical guidance that unveil refreshing insights for novice and experienced explorers alike.**”

- Marcia Hyatt, PCC. Author, *What Have I Mythed? Stories for Reflection*, Leadership Coach & Creator of Best of Ourselves Podcast

“This important book has helped me find grounding, hope and self-trust in a turbulent time in my life and in the world. Through a daily practice of building the capacity for presence and self-observation, I have reconnected with myself on a deeper level. **I recommend *Underneath Your Personality* for anyone who feels lost or wants to connect more deeply with themselves and with people around them.**”

- Charlotte Heje Haase, Author. Mental Health & Enneagram podcaster, Writing Mentor: *Brain Tumor Stories - When life makes knots*, Former editor of Danish magazine Psychology.

“This book possesses the rare ability to liberate the mind and open the heart— a true must-read. With eloquence and simplicity, Roxanne Howe-Murphy skillfully guides the reader through an exploration of human nature, unveiling a clear pathway to kindness, compassion, and a profound, enduring sense of well-being.”

- Diana Redmond, PCC, ICF Mentor Coach, Enneagram Coach and Facilitator, Experiential Learning Leader

About the Author

Roxanne Howe-Murphy is a thought leader and pioneer in integrating the Enneagram and coaching. She is the author of the multi-award-winning *Deep Living with the Enneagram: Recovering Your True Nature* (ed and revised, 2020) and *Deep Coaching: Using the Enneagram as A Catalyst for Profound Change* (second edition 2022). She founded an Enneagram coaching school, and is founder and board emeritus of the Deep Living Lab. She teaches internationally and has been a frequent presenter at International Enneagram Association conferences since 2011.