

**For Immediate Release**  
June 12, 2024

Contact: Roxanne Howe-Murphy, EdD  
info@roxannehowemurphy.com

**New Release: Underneath Your Personality: Discover Greater Well-Being through Deep Living with the Enneagram**

*Roxanne Howe-Murphy's latest book reveals an essential ally in the quest for self-understanding, self-acceptance, and freedom*

**Santa Fe, N.M.** Enneagram Press is pleased to announce the release in print, e-book and audiobook of *Underneath Your Personality: Discover Greater Well-Being through Deep Living with the Enneagram*, the latest from international best-selling author Roxanne Howe-Murphy, EdD. Written for those new or newer to inner work and the Enneagram, *Underneath Your Personality* will inspire readers and listeners to be curious and desire to learn more about themselves in a way that will make a real difference in their lives.

“Those who have heard of the Enneagram or have a basic familiarity with it may think of it only as a system for typing oneself, but are unaware of its greater potential for transformation. Because your personality is only part of the story,” says Roxanne Howe-Murphy. “This new book provides an introduction to the principles found in my previous, multi-award winning and #1 Amazon international bestseller, *Deep Living With the Enneagram: Recovering Your True Nature* (2013; updated, 2020).”

The Enneagram has a stunning power to heal. And while it has experienced a phenomenal rise in awareness around the globe in the last decade, it is still often approached on a surface level. That typically does not lead to a reduction in stress levels or emotional pain.

“Living on the surface of life can be exhausting, creating unnecessary struggles, and blinding us to our truer self. That’s why I wrote *Underneath Your Personality* – as a refreshing approach to the Enneagram and a new way to be in a relationship with yourself. 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,” she continues. It speaks to the inner urge for connectedness and the truth that lies beneath our stories about ourselves.

Accessible, easy-to-read, and compelling, *Underneath Your Personality*:

- Introduces the essential principles of the #1 international Amazon bestseller, *Deep Living with the Enneagram*.
- Explores the powerful connection between personality and presence to allow readers to become more comfortable in their own skin.
- Provides a proven approach to start uncovering your authentic nature and build your capacity for greater well-being.

- Offers insights through many examples of how others have benefitted from the Enneagram and Deep Living in their own lives.

*Underneath Your Personality* includes an appendix that introduces the essential principles of integrating Deep Living, Howe-Murphy's profoundly spiritual application of the Enneagram, into coaching, facilitation, and other transformational practices. The audiobook also includes a bonus interview with the author.

### **Praise for *Underneath Your Personality***

*This important book has helped me find grounding, hope and self-trust in a turbulent time in my life and in the world. It is easy to read, but it takes courage and intention to live by. I appreciate the questions for reflection and the model that clarifies the Enneagram types. Through a daily practice of building the capacity for presence and self-observation suggested in the book, I have reconnected with myself on a deeper level and am more aware of old beliefs and assumptions that no longer serve me. 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 and Enneagram podcaster, former editor of *Psychology* (Denmark).

*This concise book will walk you down a path toward an honest relationship with the multifaceted person you are. The tightly structured chapters and the wisdom within offer a view of an ancient symbol, the Enneagram. 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, and social advocate

### **About Roxanne Howe-Murphy, EdD**

A pioneer in integrating the Enneagram and coaching, Roxanne Howe-Murphy, EdD, works as a changemaker, teacher, and retreat leader. She is the author of *Deep Coaching Using the Enneagram as a Catalyst for Profound Change* (orig ed, 2007; 2nd ed, 2022) and *Deep Living with the Enneagram: Recovering Your True Nature* (revised 2020). Her books have been translated into Korean and Mandarin (in progress) and she teaches internationally. She founded an Enneagram-based coaching school and is the founder and board emeritus of the Deep Living Lab which provides offerings based on Roxanne's work. Roxanne lives in Santa Fe, New Mexico.

For more information or interviews, visit <https://roxannehowemurphy.com/books/understanding-your-personality/>

Follow on Facebook, Twitter and Instagram.