

EXCERPT



***The Journey Toward Wholeness***  
*Enneagram Wisdom for Stress, Balance, and Transformation*

November 2, 2021 | \$24, 220 pages, hardcover | 978-1-5140-0116-5

In a world of constant change and complexity, how can we achieve lasting transformation in our lives? Using the wisdom of the Enneagram, expert teacher Suzanne Stabile opens the concept of three centers of intelligence: thinking, feeling, and doing. When we learn to manage these centers in relation to our Enneagram number, we open a path to reducing fear, improving relationships, and finding wholeness.

## Broken and Healed at the Same Time

I have always been someone who went to church. I grew up in the United Methodist Church, which is now my spiritual home, but I also spent some years as a Roman Catholic, more as a result of circumstances than anything else. Going to church, I discovered, is not the same as doing the work of spiritual formation. I tried to begin that work in my early thirties, but unfortunately my commitment didn't match my desired outcome. I see now that I wasn't mature enough to make it a priority, except during times when my world seemed to be falling apart and my answers to the problems I faced seemed wholly inadequate.

By the time I turned thirty-five, I had new reasons to want to grow spiritually, and by thirty-seven I was committed to a regular daily practice. Looking back now, I know it was all part of the rhythm of life that necessarily includes change. Some change we choose and some change we allow, and some change is nonnegotiable. Not to choose at all is death in one way or another.

I have come to believe that it's important to live an intentional life. But it's really hard. It requires awareness, which is exhausting, and it requires discipline and faith and compassion. And I've found it's worth it because it frees my soul, and then I can take steps toward personal and spiritual transformation. It was a big surprise to me to find out that my soul is my business too. Until then, I believed my soul was complete and that I might do something that could *hurt* it, but I didn't know I could grow it.

Kathleen Hurley and Theodorre Donson are unsung heroes of the Enneagram, and it was some of their work that introduced me to the concept of growing my soul. They suggested that if our souls are going to grow, each of us needs to accept the responsibility for developing them. Most of us have never been told that we needed to do this kind of work.

So then what they said next really stuck with me: "An underdeveloped soul cannot protect us from automatically reacting to the cares and anxieties of life." Think about it: our Enneagram numbers are all about the ways we *react*—habitually and automatically—to life, one episode at a time. And there is no coherence, no sense of integration, of those episodes. In fact, for some people, all of their energy is wrapped up in these episodes, so if there is no episode, they create one. Hurley and Donson call it "the world of constant cares." Regardless of what you call it, there are people who are living their lives without learning from their experiences. Their souls are wedded to the world of constant cares, and they don't have the necessary tools or practices to make better and different choices.



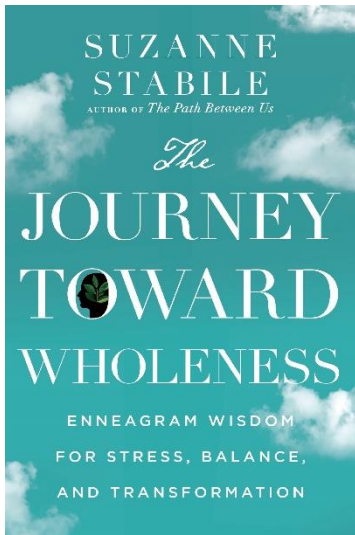
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Talking Points and Angles:

- Offers a deep dive into Enneagram wisdom
- Explores the three centers of intelligence: thinking, feeling, and doing
- Opens the path to reducing fear and improving relationships
- Provides a six-session study guide companion book

Mary Oliver named for us the reality that we have this “one wild and precious life.” I think we all want to live life to the fullest, but we’re not sure how.

Years of studying the wisdom of the Enneagram have led me to an ever-deepening understanding of how we are broken and how we can be healed, often at exactly the same time. The Enneagram reveals who you are and who you can become. If you don’t know yourself, how will you ever know who you are in relation to others and who you are in relation to God? It seems that maybe we have spent far too much time growing our personalities and not nearly enough time growing our souls.

But the Enneagram is not a solution. It’s a tool for engaging in a nonstatic process. And it’s better if you combine it with other spiritual practices that increase your soul awareness and help you begin to live from the fullness of all that you are instead of merely your personality. Your personality is fantastic, but it’s thin. There is so much more to who you are and who you can become than your personality alone.

The Enneagram serves as a bridge over what I believe are the first two hurdles for most people who begin a spiritual journey toward transformation. We encounter the first hurdle when we begin to move toward a new awareness of who we are and who we can be, but we run into all of the things we don’t like about ourselves. They seem impossible to change. Then, if we can embrace that challenge, the second hurdle we’re faced with is the pain we all bring from growing up in our families of origin, where we hurt one another whether we intended to or not.

The Enneagram is so helpful with both! In learning our numbers, we can finally understand ourselves and why we do the things we do. At the same time, it teaches us about the people we call family, who represent some of the other eight personality types, making a way for us to offer the same grace to others that we desire for ourselves.

—Taken from part two, “Overview: The Soul Work of the Repressed Center”

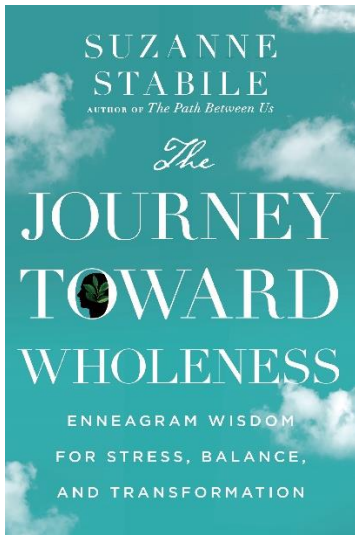


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Q & A



## **The Journey Toward Wholeness** *Enneagram Wisdom for Stress, Balance, and Transformation*

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*"The truth about a serious journey under the tutelage of Enneagram wisdom is that you will make changes that lead to transformation. Some of the people in your life will be very happy for you, but others will remind you of the 'old you' that they counted on and honestly preferred. As it turns out, people don't love you for your essence. . . They love you for your personality."*

—Suzanne Stabile

# A Practical Deep Dive into the Enneagram

How would you describe your book to a curious potential reader?

**Suzanne Stabile:** We seem to find ourselves in a particularly tumultuous time when anger and anxiety—about politics, the environment, religion, technology, economics, and just about everything else—are pervasive and stress inducing. In this book I'm using Enneagram wisdom to teach strategies for managing stress, and I'm encouraging and teaching methods for balancing the three Centers of Intelligence; thinking, feeling, and doing. It is imperative that we find a way to restore appropriate ways of being in the world with people who see things the way we do, *and* with people who don't.

What are some of the key themes in this book?

**Suzanne:** In addition to learning how to manage everyday and extreme stress, there are three key themes in the book.

1. *Liminality*—This is the threshold between where we've been and where we're going. Enneagram study and work are especially helpful in such difficult liminal times. In fact, while liminal space can be extremely challenging, it may very well be the most, maybe the only, teachable space in which we do the work to learn how to make it so. When I submitted the idea for this book to IVP, I had no idea we would have experienced the greatest time of liminality in decades by the time of its release.
2. *Centers of Intelligence*—It's important to find balance within the Centers of Intelligence. Learning to use each Center for its intended purpose and recognizing how to bring up the Center that is repressed in each Enneagram number is an important theme.
3. *Transformation*—We tend to conflate our understanding of change and transformation. Change is when we take on something new. Transformation is when something old falls away, usually beyond our control.

How do you see this book as distinctive among other Enneagram books?

**Suzanne:** My book is a deep dive into the Enneagram that also happens to be practical. It's not for people new to the Enneagram. I want it to teach people how to manage their stress in healthy and productive ways, rather than falling in line with lazy, destructive behavior that is harmful and doesn't alleviate stress in the long run. Along with that, I am teaching how to find balance in thinking, feeling, and doing. It involves bringing up the Center we least prefer and working with it consistently.

What else would you like readers to know about this book?

**Suzanne:** This book involves more than reading. It will be work, personal work, if people are to reap its benefits. But, as I say in one of the chapters, "My grandchildren would say, 'Grams, the juice is worth the squeeze.'"



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*"Few people can teach you the Enneagram with the genuine insight, humor, and potential for real growth and change better than Suzanne Stabile!"*

—Richard Rohr, Center for Action and Contemplation, Albuquerque, New Mexico

## Internationally Recognized Enneagram Master

"Stabile explores how one can recognize and use one's enneagram type to forge a more secure, healthier future... This will be most appreciated by those already all-in with the Enneagram."

Publisher's Weekly, published review of *The Journey Toward Wholeness*

"Suzanne has been a priceless source of wisdom in my life for many years. She is without question the best Enneagram teacher out there."

Nadia Bolz-Weber, author of *Accidental Saints*

**Suzanne Stabile** is a highly sought after speaker and teacher, known for her engaging laugh, personal vulnerability and creative approach to Enneagram instruction. She is the author of *The Path Between Us*, and coauthor, with Ian Morgan Cron, of *The Road Back to You*. She is also the creator and host of *The Enneagram Journey* podcast.

As an internationally recognized Enneagram Master, Suzanne has conducted over 500 Enneagram workshops over the past 25 years. She has spoken to College audiences that include Baylor and Drury Universities, Hendrix College, Perkins School of Theology (SMU) and Brite Divinity School (TCU), Formation Gathering 2017 (Harvard Divinity School), Pepperdine Bible Lectures 2017, Seminary of the Southwest, Austin, hundreds of churches across America including First Baptist, Austin, Highland Park United Methodist, Dallas, First Congregational Church, L.A., Otter Creek Church, Nashville, and teaches in the Baylor Health Care System, in Dallas, in both the Cancer and Transplant Hospitals.

Additionally, she has taught at Richard Rohr's Center for Action and Contemplation and has been a speaker for Conferences offered by the CAC. She taught with Father Rohr to an international audience in Assisi, Italy, on The Enneagram and Paradox. Other events Suzanne has spoken at include The North Texas Conference of the United Methodist Church, Christianity 21, The Festival of Courage and Faith in Greenwich CT, the Emerging Christianity and Telemachus Conferences, the Southwest Regional Gathering of the Disciples of Christ, Laity Lodge and The Apprentice Gathering.

Suzanne received her B.S. in Social Sciences from Southern Methodist University in Dallas, Texas where she also completed additional graduate work in the Schools of Sociology and Theology.

When she is not on the road teaching and lecturing, Suzanne is at home in Dallas, Texas with her husband Rev. Joseph Stabile, a United Methodist pastor with whom she co-founded Life in the Trinity Ministry and the Micah Center. She is the mother of four children and grandmother of seven.



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