

BOOK RECOMMENDATIONS BY DR. CARMEN MOHAN

Psychology

BOOK TITLE: *The Enneagram of Belonging: A Compassionate Journey of Self-Acceptance*

AUTHOR: Christopher L. Heuertz

BOOK DESCRIPTION: Many have discovered the Enneagram to be a powerful tool for self-understanding, yet knowing ourselves doesn't necessarily mean we accept ourselves. Most of us tend to curate the personality of our type: leading with the traits we perceive as positive, and sidelining the traits that cause us shame.

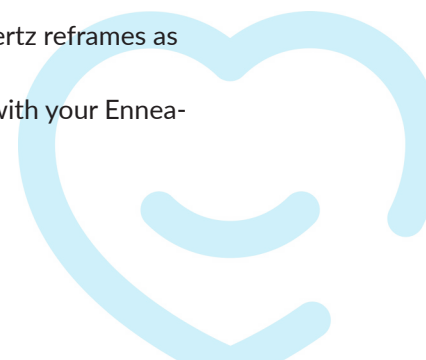
But what if it all belonged? Rather than furthering our own fragmentation, what if we dared to make peace with the whole of who we are with bold compassion? *The Enneagram of Belonging* is your guide to this essential journey.

While most contemporary Enneagram books stop at the descriptions of the nine types, Enneagram teacher and *The Sacred Enneagram* bestselling author Chris Heuertz uncovers the missing link in our journey of living into our true self: radical self-compassion that can bring us back to belonging.

Rather than get stuck on stereotypes or curated personality, Heuertz proposes we develop an honest relationship with our type, confronting our "inner dragons," practicing self-compassion, and thereby coming to fully belong to ourselves—and, ultimately, to love itself.

In this in-depth examination of the Enneagram of Personality, you will discover:

- A fresh, compassionate way of understanding your childhood wound, which Heuertz reframes as your Kidlife Crisis
- Your unique subtype and how this colors your dominant type, plus how to work with your Enneagram instinct



- Practical insight to help you find freedom from your type's Passions and Fixations
- Your personalized path back to belonging, as you come home to your true self
- ... and much more.

As a masterful mapmaker and trailblazer of grace, Heuertz casts a vision for how we can create a better world. The truth is how we treat ourselves is how we treat others, so let's start with compassion, and let this outflow into our relationships, communities, and world.

BOOK TITLE: *Dopamine Nation: Finding Balance in the Age of Indulgence*

AUTHOR: Anna Lembke, MD

BOOK DESCRIPTION: This book is about pleasure. It's also about pain. Most important, it's about how to find the delicate balance between the two, and why now more than ever finding balance is essential. We're living in a time of unprecedented access to high-reward, high-dopamine stimuli: drugs, food, news, gambling, shopping, gaming, texting, sexting, Facebooking, Instagramming, YouTubing, tweeting... The increased numbers, variety, and potency is staggering. The smartphone is the modern-day hypodermic needle, delivering digital dopamine 24/7 for a wired generation. As such we've all become vulnerable to compulsive overconsumption.

In *Dopamine Nation*, Dr. Anna Lembke, psychiatrist and author, explores the exciting new scientific discoveries that explain why the relentless pursuit of pleasure leads to pain... and what to do about it. Condensing complex neuroscience into easy-to-understand metaphors, Lembke illustrates how finding contentment and connectedness means keeping dopamine in check. The lived experiences of her patients are the gripping fabric of her narrative. Their riveting stories of suffering and redemption give us all hope for managing our consumption and transforming our lives. In essence, *Dopamine Nation* shows that the secret to finding balance is combining the science of desire with the wisdom of recovery.

BOOK TITLE: *The Wisdom of the Enneagram: The Complete Guide to Psychological and Spiritual Growth for the Nine Personality Types*

AUTHOR: Don Richard Riso and Russ Hudson

BOOK DESCRIPTION: The first definitive guide to using the wisdom of the enneagram for spiritual and psychological growth

The ancient symbol of the Enneagram has become one of today's most popular systems for self-understanding, based on nine distinct personality types. Now, two of the world's foremost Enneagram authorities introduce a powerful new way to use the Enneagram as a tool for personal transformation and development. Whatever your spiritual background, the Enneagram shows how you can overcome your inner barriers, realize your unique gifts and strengths, and discover your deepest direction in life.

The Wisdom of the Enneagram includes:

- Two highly accurate questionnaires for determining your type
- Vivid individual profiles focused on maximizing each type's potential and minimizing predictable pitfalls
- Spiritual Jump Starts, Wake-Up Calls, and Red Flags for each type
- Dozens of individualized exercises and practical strategies for letting go of troublesome habits, improving relationships, and increasing inner freedom
- Revealing insights into the deepest motivations, fears, and desires of each type

Highly accessible, yet filled with sophisticated concepts and techniques found nowhere else, *The Wisdom of the Enneagram* is a strikingly new fusion of psychology and spirituality. It offers an exciting vision of human possibility and a clear map of the nine paths to our highest self-expression.

BOOK TITLE: *The All-or-Nothing Marriage: How the Best Marriages Work*

AUTHOR: Eli J. Finkel

BOOK DESCRIPTION: Eli J. Finkel's insightful and ground-breaking investigation of marriage clearly shows that the best marriages today are better than the best marriages of earlier eras. Indeed, they are the best marriages the world has ever known. He presents his findings here for the first time in this lucid, inspiring guide to modern marital bliss.

The All-or-Nothing Marriage reverse engineers fulfilling marriages—from the “traditional” to the utterly nontraditional—and shows how any marriage can be better.

The primary function of marriage from 1620 to 1850 was food, shelter, and protection from violence; from 1850 to 1965, the purpose revolved around love and companionship. But today, a new kind of marriage has emerged, one oriented toward self-discovery, self-esteem, and personal growth. Finkel combines cutting-edge scientific research with practical advice; he considers paths to better communication and responsiveness; he offers guidance on when to recalibrate our expectations; and he even introduces a set of must-try “lovehacks.”

This is a book for the newlywed to the empty nester, for those thinking about getting married or remarried, and for anyone looking for illuminating advice that will make a real difference to getting the most out of marriage today.

BOOK TITLE: *The Psychology of Money: Timeless Lessons on Wealth, Greed, and Happiness*

AUTHOR: Morgan Housel

BOOK DESCRIPTION: Doing well with money isn't necessarily about what you know. It's about how you behave. And behavior is hard to teach, even to really smart people.

Money—investing, personal finance, and business decisions—is typically taught as a math-based field, where data and formulas tell us exactly what to do. But in the real world people don't make financial decisions on a spreadsheet. They make them at the dinner table, or in a meeting room, where personal history, your own unique view of the world, ego, pride, marketing, and odd incentives are scrambled together.

In *The Psychology of Money*, award-winning author Morgan Housel shares 19 short stories exploring the strange ways people think about money and teaches you how to make better sense of one of life's most important topics.

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