

ENDORSEMENTS



Spiritual Rhythms for the Enneagram ***A Handbook for Harmony and Transformation***

March 12, 2019 | \$24, 272 pages, paperback | 978-0-8308-3600-0

For those who have learned about the Enneagram and wonder "What's next?"—this handbook is the answer. Filled with exercises to engage, challenge, encourage, and sustain, *Spiritual Rhythms for the Enneagram* will help us grow in greater awareness and lead us to spiritual and relational transformation.

Taking Your Enneagram Number to the Next Level

"Doug and Adele and Clare and Scott masterfully weave deep insight along with helpful spiritual direction and application on every page. Spiritual Rhythms for the Enneagram is not just an invitation to gain more information but an opportunity for personal transformation as well. I encourage you to not only read this book but allow it to read you!"

—Joe Walters, executive director, Potter's Inn Soul Care Institute

"The authors invite us to experience the Enneagram in a contemplative, healing way. Through Scripture, penetrating questions, and spiritual practices appropriate to each Enneagram space, they call us to a richer, deeper self-awareness. This is not a book to guzzle. It is a book to digest slowly. It is a meal to consume alone or with friends. It is a feast for the soul."

—Alice Fryling, author of *Mirror for the Soul: A Christian Guide to the Enneagram*

*"As the modern teaching of the Enneagram is rapidly evolving to meet the urgent need of helping clarify identity, what the Calhouns and Loughrises have done in *Spiritual Rhythms for the Enneagram* is nothing short of remarkable. This fresh and timely contribution to the Enneagram's tradition offers a seamless integration of faith and identity. Engaging, compelling, and courageous, *Spiritual Rhythms for the Enneagram* provides practical application on some of the Enneagram's more underexplored concepts. There's no doubt the depth of spirituality embodied in the authors' personal lives animates these pages with profound clarity, offering contemporary applications for an ancient tool."*

—Christopher L. Heuertz, founding partner of Gravity, a Center for Contemplative Activism, author of *The Sacred Enneagram*

*"For me, identifying my Enneagram type was like the dog who caught the car—now what? I knew there was more than just becoming a better version of myself. Thanks to *Spiritual Rhythms for the Enneagram* I now know and appreciate concepts like head, heart, and gut IQs; spiritual rhythms; and the Ignatian practices of discernment, and consolation and desolation. This handbook serves as a trusted advisor, reflecting the four authors' life experiences and deep expertise."*

—Joan O. Wright, O'Sullivan Wright Inc.

"Spiritual Rhythms for the Enneagram is an accessible volume that will take your understanding of the nine personality types to the next level. In beautifully written prose, the authors present useful concepts and skills that will help you better understand yourself and others—equipping you to gracefully navigate the complexities of life."

—Kimberly June Miller, counselor, author of *Boundaries for Your Soul*

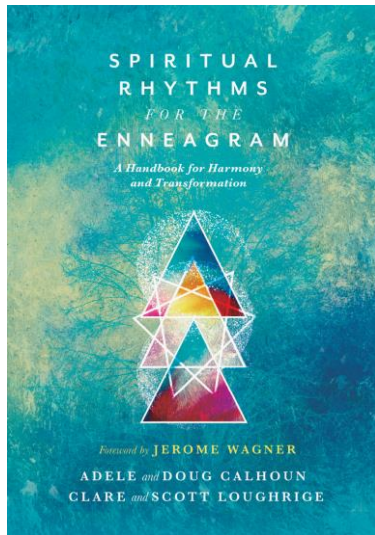


Alisse Wissman, print publicity
800.843.4587 ext. 4059 or awissman@ivpress.com

Krista Clayton, broadcast and online publicity
800.846.4587 ext. 4013 or kclayton@ivpress.com

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"As valuable as this book is for getting an in-depth view of each Enneagram type, it is an essential resource for understanding how the head, heart, and gut can work together, empowered through spiritual practices to have dynamic, harmonious relationships. In these pages, you will find a variety of ways to discover more deeply who you are, are not, and who you can love more fully. The depth of information and the comprehensive resources make this a unique Enneagram handbook that you will want to reference often."

—**Mary Albert Darling, associate professor of communications, Spring Arbor University**

"Spiritual Rhythms for the Enneagram delivers on its commitment to answer this important question: I know my number; what do I do now? It does so in a clear, accessible, and practical way. The authors' deep work on the Harmony Triads is both newsworthy and noteworthy."

—**Ginger Lapid-Bogda, author of Bringing Out the Best in Yourself at Work**

"The journey that this new transformative work on the Enneagram invites you to take will change you . . . for good. With practice in the spiritual rhythms, you will not only know where you identify on the Enneagram, but will become an expression of the beauty and life that that number is meant to reveal to the world. The authors bring their personal journeys, extensive study, pastoral experience, and Enneagram expertise to this book. If you embark on this journey you will become more of who God created you to be and do."

—**Sibyl Towner, codirector of The Springs Retreat Center, coauthor of Listen to My Life**

"I am deeply indebted to Doug and Adele Calhoun, for they introduced me to the Enneagram. They gave me hope that the wayward motivations of an Eight to control and confront could be redeemed into the desire to serve and release the potential in others. The Calhouns and Loughrises have laid out a process of harmonizing your head, heart, and gut into wholeness. If you truly want to fulfill the potential for which you have been made, this is the book for you."

—**Greg Ogden, author of Discipleship Essentials**

"The first thing that struck me in reading this comprehensive dive into Enneagram awareness, practice, and spiritual literacy was the section on empathy and the way aspects of ourselves are reflected in our resistance and openness to others. The authors understand the humbling truth that as we awaken together, it's much less easy to hide from our egotism! Savor this guide because there is an abundance of solid practices to support your development. Using the Harmony Triads and their understanding of timeless religious wisdom, the Loughrises and Calhouns have generously offered countless reflections to digest and deepen communion with ourselves, others, and the God who is One."

—**Leslie Hershberger, Enneagram/integral course developer of Coming Home, editor of IEA Nine Points Magazine**

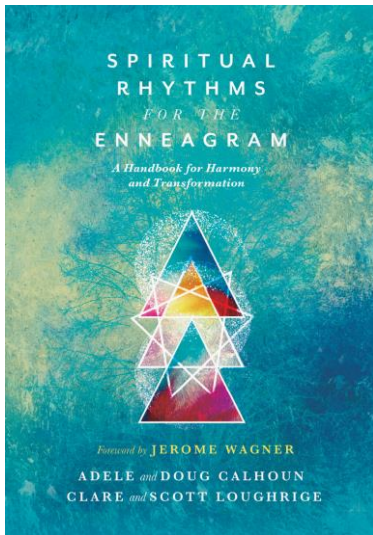


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*“People ask, Now that I know my type, what do I do with it (or myself)? After reading *Spiritual Rhythms for the Enneagram*, you will know.”*

—From the foreword by Jerome Wagner

You Know Your Enneagram Number. What’s Next?

Q: Why did you four decide to collaborate on *Spiritual Rhythms for the Enneagram*?

A: We are all Enneagram practitioners. People who take our courses always want to know what to do once they know their number. This is our answer.

We believe the Harmony Triads are a unique way to help people learn to love God, neighbor, and self with all their heart, soul, strength, and mind. Writing about the Harmony Enneagram provides an effective, elegant and memorable way to look at transformation.

We also wanted a way of helping people work with triggers and passions that undermine their relationships. To do this, people need self-clarity and spiritual practices—thus the book.

Q: Why is it important to take this next step in understanding the Enneagram?

A: The Enneagram using Harmony Triads helps people develop an integrated way of loving God, others, and self. It provides a lens for understanding why we reject certain people and certain parts of ourselves. It opens a way to relational health and connection to God.

Q: What are the two-to-five main things you want readers to take away from your book?

A:

- You have to participate with the Holy Spirit to grow into the beauty of your true self. You do this through spiritual rhythms.
- This book is a way to understand ourselves—our blind spots, sweet spots, and hot spots.
- This book offers a way to understand other numbers and develop empathy for those that see the world differently.
- Loving God, neighbor, and self is an ongoing, integrative work that changes us and our world.

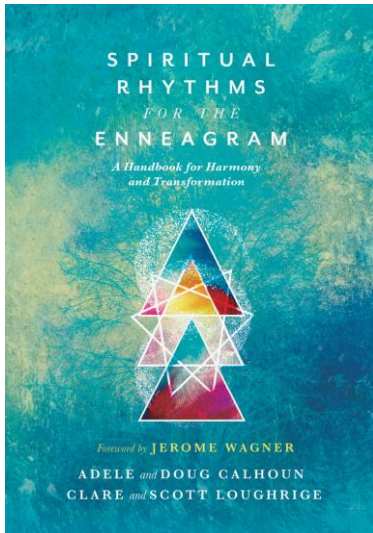


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Practitioners Offer Next Steps for the Enneagram



Adele Ahlberg Calhoun (MA, Gordon-Conwell Theological Seminary) has worked in Christian ministry for over forty years, and she and her husband, Doug, currently work with Highrock Church in Arlington, Massachusetts. As certified Enneagram instructors, they enjoy training spiritual leaders and pastors in spiritual direction and teaching the Enneagram. Adele is the author of *Spiritual Disciplines Handbook*, *Invitations from God* and the coauthor of *True You* and *Women & Identity*.

Previously, Adele and her husband copastored Redeemer Community Church in Needham, Massachusetts, and she was formerly pastor of spiritual formation at Christ Church in Oak Brook, Illinois. A retreat speaker and trained spiritual director, she has taught courses at Wheaton College and Northern Seminary. In the early 1970s she helped pioneer student work with the International Fellowship of Evangelical Students in Southeast Asia and the Middle East. She has also worked with InterVarsity Christian Fellowship in New England and Canada and with the International Fellowship of Evangelical Students in the West Indies and South Africa.

Follow Adele on Twitter: @aacalhoun4.



Doug Calhoun (DMin, Gordon-Conwell) is copastor of spiritual formation at Highrock Covenant Church, where he mentors and provides direction to all the staff members while overseeing and training spiritual guides within the congregation. He is adjunct faculty at the Transforming Center and at Potter's Inn Soul Care Institute, and he is board chair of Del Camino Connection. He has been a pastor for over thirty years and was a campus minister with InterVarsity Christian Fellowship for twelve years. Doug is a certified Enneagram instructor and lives in Arlington, Massachusetts, with his wife, Adele.

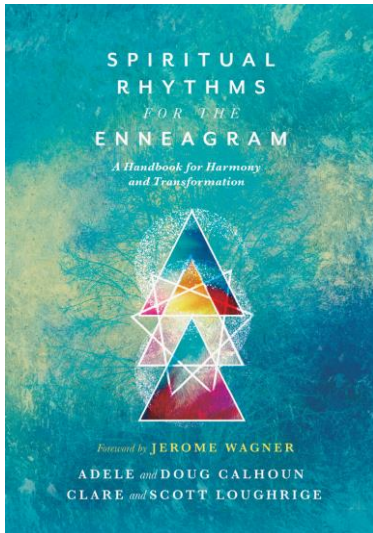


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Clare Loughrige has been the founding colead pastor of Crossroads Church and Ministries for more than twenty-five years, where she provides preaching, teaching, and spiritual direction for the leadership team. She is a formally trained spiritual director for leaders with The Transforming Center in Wheaton, Illinois, and president of Crossroads Transforming Resources.

Clare is the author of *Motions of the Soul: The Enneagram Meets Ignatius* and *Enneagram Personality Styles: A Tool for Self-Knowledge and Transformation*. She is president of the International Enneagram Association (IEA) Great Lakes Chapter and has developed a program that certifies Enneagram instructors in the Harmony Triads. In addition to Clare's work with spiritual communities, she currently serves on boards for Michigan Human Trafficking Task Force and Sexual Assault Services Calhoun County Advisory Board. She lives in Marshall, Michigan, with her husband, Scott.



Scott Loughrige has been the founding colead pastor of Crossroads Church and Ministries (CCM) for more than twenty-five years, where he provides preaching, teaching, and spiritual direction for the leadership team. Scott has provided vision and executive oversight for CCM, Bread of Life Food Pantry, and CCM World Missions. An International Enneagram Association (IEA) professional, Scott is certified in the Enneagram and serves on the Great Lakes Board of the IEA. Scott uses the Enneagram as financial strategist for CCM, a board member of the Michigan Human Trafficking Task Force, vice president of the Brian Project, and vocational coach for Michigan Rehabilitative Services. He lives in Marshall, Michigan, with his wife, Clare.

Visit Scott and Clare's website at scottandclareloughrige.org.



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800.843.4587 ext. 4059 or awissman@ivpress.com

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