



## Using the Enneagram in Prayer: A Contemplative Guide

By Suzanne Zuercher

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Suzanne Zuercher, an authority on the Enneagram, a system of spiritual psychology based on personality types, explores the best way for people of each Enneagram to pray.

Reflecting on a number of different prayer practices from the perspective of each triad, Zuercher explores how the Enneagram can help develop a contemplative attitude toward life. Anyone who has used the Enneagram as a tool for personal growth will find this wise book is a concise source of deeper self-awareness and an invaluable guide on how to use the Enneagram in prayer.

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#### **About the Author**

Suzanne Zuercher, O.S.B., was a member of the Benedictine Sisters of Chicago, a member of St. Scholastica Monastery, and a psychologist. She was a pioneer in the spirituality of the Enneagram and has presented workshops and programs on the subject around the world. Zuercher died in 2014.

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