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## Human Types: Essence and the Enneagram

By Susan Zannos

Red Wheel / Weiser. Paperback. Condition: New. 340 pages. Dimensions: 8.2in. x 5.4in. x 0.8in. The Socratic injunction, Know Thyself, is the foundation for all work on self-development. Susan Zannos opens an illumination window on human behavior and temperament in her study of the basic human essence types. These types differ so much from each other, and are so greatly modified by the dominant type of intelligence operating in a particular person, that persistent and prolonged self-observation is required to verify ones own type, or to recognize others. Recognition of these types and the division between essence and personality is the foundation upon which practical work on oneself begins. Zannos Describes the basic human essence types with the hope of helping those who want to understand what is most genuine in themselves and the people with whom they live. Zannos approaches human typology from a variety of perspectives, and ties the Gurdjieff-Ouspensky Fourth Way system to a wide range of cultural, religious, and scientific traditions. She traces roots in Homeric legend and the Olympian pantheon through medieval astrology and the Qabalah, as well as discussing endocrinology and psychology. She points out resonances to C. G. Jungs psychology, the work of Piaget,...



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