



# The Pocket Enneagram: Understanding the 9 Types of People

*Helen Palmer*

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## **The Pocket Enneagram: Understanding the 9 Types of People** Helen Palmer

The Enneagram -- a centuries-old psychological system -- is catching fire across the country, being applied to everything from career management to relationships to conflict resolution. Now nationally acclaimed Enneagram expert and bestselling author Helen Palmer condenses the ideas from her popular books into a compact guide that will appeal to newcomers as well as to longtime Enneagram enthusiasts, with its succinct presentation of the nine types, how to optimize them, and how the different types relate to one another.

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