

ENNEAGRAM AND SPIRITUAL SELF-CARE RESOURCES

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Shared during “Enneagram and Spiritual Self-Care,” an Intersection conversation hosted by the Siburt Institute for Church Ministry on November 16, 2021.

RESOURCE RECOMMENDATIONS

- “Spiritual Formation” Issue #4 from the Enneagram Magazine
<https://www.enneagrammagazine.com/order/issue-4-spiritual-formation>
- *Spiritual Rhythms for the Enneagram: A Handbook for Harmony and Transformation* by Adele and Doug Calhoun, Clare and Scott Loughride
- *Take Care of Your Type: An Enneagram Guide to Self-Care* by Christina S. Wilcox
- *The Enneagram: A Christian Perspective* by Richard Rohr and Andreas Ebert
- *The Journey Toward Wholeness: Enneagram Wisdom for Stress, Balance, and Transformation* by Susan Stabile
- *The Making of an Ordinary Saint: My Journey from Frustration to Joy with the Spiritual Disciplines* by Nathan Foster
- *There’s a Name for the Blah You’re Feeling: It’s Called Languishing* (The New York Times article published April 19, 2021 and updated Oct. 4, 2021) by Adam Grant
<https://www.nytimes.com/2021/04/19/well/mind/covid-mental-health-languishing.html>



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