



Essential Wholeness: Integral Psychotherapy, Spiritual Awakening, and the Enneagram (Paperback)

By Eric Lyleson

Balboa Press Australia, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Offering a unique perspective on the Enneagram, Essential Wholeness describes the how human beings grow and evolve from biological, psychological, cultural, mythological and spiritual perspectives. It reveals the underlying patterns that inform these diverse disciplines and provides therapists, coaches and self-helpers an effective guide for therapeutic change and spiritual awakening. Advance Praise for Essential Wholeness Eric somehow manages to distil a lifetime of experience, spiritual practice, and psychological learning into a very accessible, comprehensive model of human psychology and behavior. Not since Ken Wilber have I read such a concise and useful synthesis of psychology, spirituality, and ecology. I find it incredibly useful in my work as a therapist and as a guide on my own spiritual journey. -Richard Chambers, PhD, Clinical Psychologist Co- author of Mindful Learning Essential Wholeness is a living, breathing book that has opened up the vast potential healing impact of my work with clients. Lyleson offers us his life s work, drawing deeply and compassionately from thirty years of clinical work and his direct experience to offer a highly original contribution to the way we understand...



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