

## Book Review

*“Enneagram Companions: Growing in Relationship and Spiritual Direction”*

by Suzanne Zuercher

Reviewed by Patricia Naughton : Croydon Park, New South Wales

This book highlights the strengths and struggles, the giftedness and the compulsions of the various types of individuals studying the Enneagram. The personality types are in groups of three (Triads 2/3/4/s ; 5/6/7/s ; 8/9/1/s ).

Each Triad presents the three individual Directees and their Director eg. 2Directee, 3 Directee, 4 Directee and 2/3/4/ Director.

The relationships between the director and directee vary according to the different triads they come from, however, in each triad meaningful examples are presented for clarification.

Throughout, each triad emphasis is placed on focusing on the present. As directors grow in self knowledge they are better equipped to assist others who are in the same triad. Directors need to learn that what enables them may not necessarily be of assistance to directees from other stances.

Suzanne’s last statement can be a guide for each of us as directors and directees as she says, “Having written all this, I still offer you these pages, confident there is truth here. The observations flow from years of self-remembering, self-observing, and, I hope, self-understanding.”

She beckons us not simply to read or think about the insights of the Enneagram but “ rather that the Spirit leads us on to broader and deeper awarenesses”.

