

### What's Your Type?

Put the power of types to work for you—in your personal life, in business, every time you meet someone. It will change the way you see people forever. In this book you will:

- learn to recognize your own type and the types of people around you simply by looking at them;
- discover how the seven planetary types are connected to the nine enneagram personality types;
- find out how the gods and goddesses of mythology live on in our own planetary types, and much more.

*“Written in such an easily-read style you will wish it were longer. Recommended.”*

—THE UNICORN

*“Read the book. Try the system. Begin to see ‘the familiar features of the world’ take on new meaning.”*

—BODY, MIND, SPIRIT



**Joel Friedlander** has taught body types and personal transformation to students in many countries. He was the editor of the *In the Work* and *Inner Journey* newsletters, and has been on the faculty of the New York Open Center and the Omega Institute of Holistic Studies. He is also the author of *Gurdjieff's Fourth Way—An Introduction* and gives workshops on freewriting and self-publishing.

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Body Types

Joel Friedlander

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**“Combines ancient mythologies and dynamics of the enneagram. Bold, clear and precise . . . an empowering teacher.”**

—CLARENCE THOMSON, *Enneagram Educator*

# Body Types

## The Enneagram of Essence Types



Gain new insight into your behavior, discover the attractions and repulsions that secretly rule your relationships, and find out how to unlock the potential within you—simply by learning to look at people in a new way

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