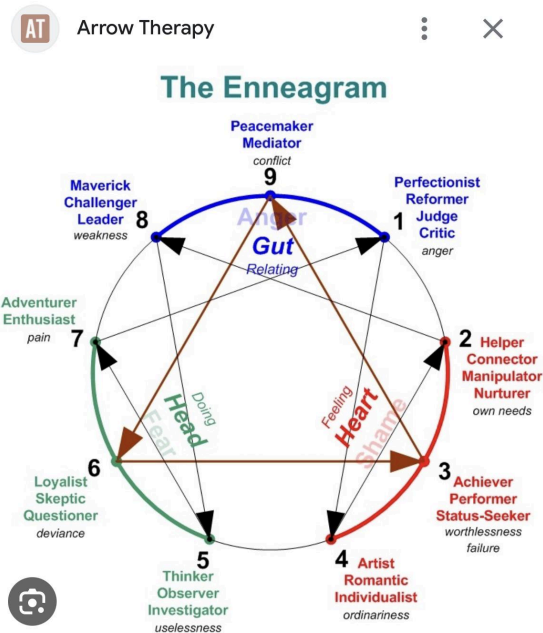


Here is a collection of Enneagram resources collected from guests featured in this season:



The diagram above shows what numbers we go to in alignment/growth or misalignment/stress. If an arrow is going toward your number that is your growth number and if the arrow is going away from your number that is your stress number. For example: The arrow from 4 is going toward 2 so 4 is the growth number for 2s. The arrow pointed away from 2 is going to 8 so 8 is the stress number for 2s.

Find the podcast's official ENNEAGRAM COACH, Marty, on the Internet:

Instagram [@enneagramcoachmarty](https://www.instagram.com/enneagramcoachmarty)

and [Tik Tok](https://www.tiktok.com/@enneagramcoachmarty)

<https://workcoach.co/>

[Work Coach Co](https://www.instagram.com/workcoachco) on Instagram

Marty's Recommended Assessment: [Your Enneagram Coach Assessment](#)

[The Wisdom of the Enneagram](#)

[9 Types of leaders - Beatrice Chestnut](#)

[Becoming Us - Beth & Jeff Mccord.](#)

Ian Cron

[Typology Podcast](#)

[The Story of You by Ian Cron](#)

Ian also has a test you can take that he has developed, but it does cost money.

<https://www.ianmorgancron.com/type-test>

The Enneagram Godmother

[Suzanne Stabile](#)

[The Enneagram Journey Podcast](#)

[The Road Back to You](#)

[The Path Between Us](#)

[The Journey Toward Wholeness](#)

[The Complete Enneagram: 27 Paths to Greater Self-Knowledge](#)

[The EnneaApp](#)

The program one of our resident 7s (Leigh Cambre) is going through: [Chestnut](#)

[Paes Enneagram Academy](#)

Leigh's website with Enneagram info: leighcambre.com

[Funky MBTI-](#) Teaching MBTI & Enneagram through fictional characters

If you want to read more about each type and how they relate to one another along with some visuals on where each number goes in stress and security, then check out [Enneagram Institute](#).

Songs for each number by [Sleeping At Last](#)