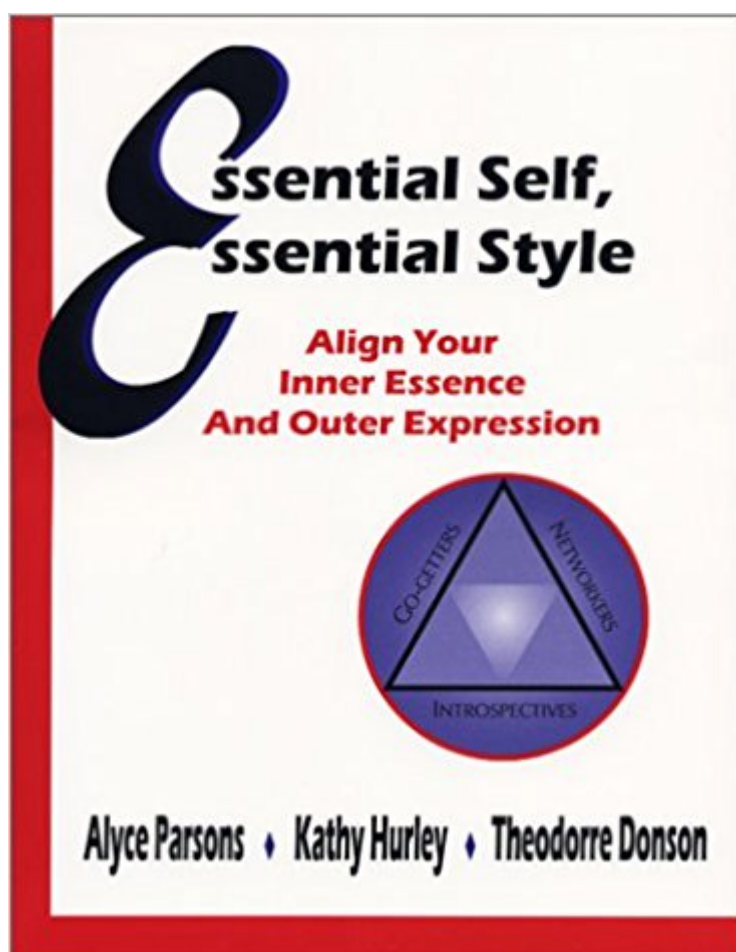


The book was found

Essential Self, Essential Style: Align Your Inner Essence And Outer Expression



Synopsis

What happens when three leading innovators in their respective fields collaborate? They create an entirely new model of who we are, how we can live and how we can dress. Hurley and Donson, innovators in personality systems, and Parsons, a leading creator of style systems, join forces to give you a new, simple yet profoundly accurate way to identify your Essential Self and from it create your own Essential Style. Every human being has three intelligences: thinking, feeling and doing. (This is the perennial teaching of cultures east and west now confirmed by modern brain research.) There are three corresponding styles: Elegant, Traditional and Sporty. There are also three kinds of people: Go-getters (doers and thinkers), Networkers (feelers and doers), and Introspectives (thinkers and feelers). What does each group need to discover its Essential Self and express its Essential Style? This book answers this question in an enjoyable way that penetrates to the heart of the issue. Easy to read, it demonstrates how our outer expression can support the growth of our inner essence. Essential Self is who you really are. Essential Style is the attitude, communication, lifestyle and look that flow from the real you. When our outer expression is aligned with our inner essence, we are in union with self, others and the universe. The key to this process is discovering, exploring and activating your hidden resource! Each of us has built our present lives on two-thirds of our Essential Self. The final third, lying dormant in us, is a hidden resource of vitality and meaning. Restoring this final third to its rightful place in our lives adds hope for overcoming obstacles and experiencing life's deepest pleasures. Because our hidden resource is one of the three centers of intelligence, it expresses itself in one of the three classic styles. Supporting our latent intelligence by expressing and using its corresponding classic style is a fun project that has remarkable effects in our lives.

Book Information

Paperback: 119 pages

Publisher: WindWalker Press; 1 edition (April 2002)

Language: English

ISBN-10: 0967386640

ISBN-13: 978-0967386645

Product Dimensions: 9.1 x 7 x 0.4 inches

Shipping Weight: 9.3 ounces

Average Customer Review: 2.0 out of 5 stars 1 customer review

Best Sellers Rank: #2,523,767 in Books (See Top 100 in Books) #31 in [Books > Business &](#)

Money > Business Culture > Fashion & Image #1655 in [Books > Health, Fitness & Dieting > Beauty, Grooming, & Style > Style & Clothing](#) #4418 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Personality](#)

Customer Reviews

Alyce Parsons, AICI, is a Certified Image Professional and an international leader in the image consulting profession for over 20 years. As the foremost creator of image consulting systems, Alyce is a highly sought-after international speaker, trainer and author. Her books *Universal Style*, *What's My Style?*, and *Universal Style for Men* are used by colleges and image consultants worldwide. Her original systems in proportion, style and holistic image consulting have confirmed her standing as a trailblazer and visionary creating new possibilities for image consultants. Alyce is a founder and charter member of the Association of Image Consultants International and its first co-director. Kathy Hurley and Theodorre Donson are spiritual teachers and international leaders in developing the Enneagram, a system of nine personality types which they apply both to personal growth and societal change. The foremost innovators in the field, their bestselling and award winning books include *Discover Your Soul Potential*, *My Best Self*, and *What's My Type?*, now published in eight languages. Their books and articles are sought after for their personal, practical and penetrating analysis of the forces that enhance relationships and increase compassion. People from all over the world attend their training programs and seminars. They are founders of the International Enneagram Association and served among its first leaders.

How would you like to live your life so that you achieve your deepest desires and communicate from your highest self? Then, how would you like to have a lifestyle and a look that flows from your highest or Essential Self and portrays the real you? A lifestyle and a look that make you feel totally at ease and elicit the best response from others. That's what this book is about. That's your Essential Style.

What a rip-off! I couldn't believe how slim and empty of content this book was. I read it straight through in less than half an hour. It's printed in large type and has loads of white spacing, making the total more of a pamphlet than a book. And as if that were not enough to put me off, the actual content is rubbish! Well, most of it, anyway. The part that isn't rubbish has been plagiarized from the many books on the Enneagram, and I can't find anywhere that the authors acknowledge their debt to them. This is the part that speaks of three centres in our psychology, the thinking, doing and

feeling centres, and says that we all have one of them that is out of balance and not so well used. This is true, though not new. The "original" bit is where they tell you that you need to express your "essence" by including some item of dress that represents your underused centre. For instance, with me, that would mean wearing trainers with my long skirts and blazers! What rubbish! The authors recognize only three styles of dressing, one for each centre. This is quite obviously wrong. There are many styles of dress, and many variations, not just the three obvious categories of sporty, traditional and elegant, which the authors outline here. I don't fit into any of these. I'm an artsy, romantic type, and I wear feminine, artistic clothing. I was hoping for some hints on how to develop this style, as wearing clothes like this does reflect my "essence" and helps me feel confident about myself. But I wouldn't be seen dead in sporty, traditional or elegant styles! Nor would the vast majority of people. Just pick up any other books of styles and fashions, and you'll see how inadequate this little booklet is. I wish I hadn't bothered to buy it, and it's going straight to the charity shop. If you are interested in this subject, then do try "Style Statement" and "The Power of Style", plus any books from the Colour Me Beautiful people. They are much more useful.

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