

## 200924\_FTFP\_290\_Enneagrams

**Annie B Jones:** [00:00:00] Welcome to From the Front Porch, a conversational podcast about books, small business, and life in the South.

“The Enneagram doesn’t put you in a box. It shows you the box you’re already in and how to get out of it.”

- Ian Cron, Road Back to You

I’m Annie Jones, owner of The Bookshelf, an independent bookstore in beautiful downtown Thomasville, Georgia, and today, I’m joined by Jordan Jones, my husband who also happens to be an attorney and personality typing expert. Today, we’re chatting about the Enneagram and making book recommendations for each type.

Hi Jordan.

**Jordan Jones:** [00:00:57] Hey, how's it going?

**Annie B Jones:** [00:00:58] Good. Welcome back to the podcast. Thank you very much. Normally you just come here once a year.

**Jordan Jones:** [00:01:04] That's right. But I'm assuming that since March madness was canceled, you decided to make it up to me by,

**Annie B Jones:** [00:01:11] I guess, I guess this'll be your second podcast episode of the year. You're actually a frequently requested guest.

Oh, really? Don't let it go to your head.

**Jordan Jones:** [00:01:20] Let's see if I can uphold the standard.

**Annie B Jones:** [00:01:23] Okay. So here's what I thought we would do today. I don't really know if the Enneagram is still, I feel like it's still. I definitely feel like it's relevant. It felt for a while, like it was super trendy. I don't know if it's still quite as trendy as it was, but you and I talk about the Enneagram constantly.

We utilize it in hiring and I use, use it in managing the staff and between Enneagram typing in the Myers-Briggs. I feel like you're pretty well versed in both, but I thought today, what we could do is walk through the different Enneagram types and then. I'm going to make book recommendations for each type.

This is not an original idea. I feel like I have seen this other places, but here's what I guess the people should know. I have not read any of those articles. I did not read any of those articles. I did not look up any recommendations. I based this solely on my understanding of the Enneagram and what I think each type might enjoy or appreciate or need.

**Jordan Jones:** [00:02:20] Excellent spoken like a true journalism major. Who's always afraid of anything that gets anything close to plagiarism, trying to be original,

**Annie B Jones:** [00:02:30] trying really hard to, to play fair. I did not look up any book recommendations. This is my own. Yeah, this is raw footage.

**Jordan Jones:** [00:02:41] Oh boy.

**Annie B Jones:** [00:02:42] Okay. So let's start with the Enneagram one.

Give me a brief overview of the Enneagram one type.

**Jordan Jones:** [00:02:50] Well, the Enneagram one type is called the perfectionist, and this is the type of person that, you know, generally tries to do the right thing, tends to see the world in black and white. holds himself or herself to a very high standard and wants to hold everybody else to that same high standard.

**Annie B Jones:** [00:03:09] Okay. So we, you and I feel like no, a lot of Enneagram ones

**Jordan Jones:** [00:03:15] and they're very, you know, Loud, you know, both in volume, but also in influence.

**Annie B Jones:** [00:03:22] Yes. That's a good way to put it because I know a lot of introverted Enneagram ones for a while. I thought I was one I really did. And then I think between, Ian Crohn's book and then even some podcasts and also I think coming across other Enneagram ones and just realizing I didn't quite care to the level that they cared and it made me realize that must not be me cause they care deeply.

The Enneagram ones I know care deeply. Okay. So I came up with two book titles for each person or each type. So for the Enneagram one, my first recommendation is East of Eden by John Steinbeck. The reason I recommended this is because I feel like the characters in this book are constantly making mistakes, but their mistakes are redeemed.

And I think these are people who are trying really hard. And when I think of the Enneagram one type, I think of people who are trying really hard, they are giving 110%. They are working really hard. I have an Enneagram one friend who I saw that she put in her house. I don't know if Jordan, you have seen these, but like there are these beautiful art prints that say work hard and be nice to people like it's a.

Even thought about buying one for our house. Like, they're really pretty. And, but I saw hers said play hard and be nice to people. Yeah. And I commented and I said, okay, I love this. I've never seen this one. And she said, as an Enneagram one, I do not need the reminder to work harder. And so I wanted a book that would maybe encourage people that it's okay to make mistakes.

Right. Your mistakes are not what define you. And there is just more to life than not messing up.

**Jordan Jones:** [00:04:57] Great point. Yeah. That's, that's the one's deepest fear is making a mistake. So I think that any book that shows the one how mistakes can be redeemed because they will inevitably be made when they're redeemed.

Then that's part of your story.

**Annie B Jones:** [00:05:11] So that was my first recommendation. My second recommendation. I'm going to be honest. I was torn. I had this book picked out for the Enneagram one, and then when I got to the Enneagram three, I thought about it to be in a year and three as well. But I picked a nonfiction book called Burnout by Emily and Amelia Nagoski.

I love this book. If I could put it into the hands of every woman, I know I would like it is the book I would give everybody because it is all about completing the stress cycle and it is about making sure we live our lives in such a way that we avoid burnout as much as possible, but through these really practical tactics and one of those tactics is completing the stress cycle.

The women I know who've read it. We talk almost in code to one another, like have you completed the stress cycle? And so I think. Honestly, this book would probably be great for any Enneagram or personality type person. Again, I would put it into the hands of every, every woman I know, but I thought particularly for the Enneagram one and maybe yes, for the Enneagram three as well, people who are really putting forth a lot of effort and who are finding themselves, maybe exhausted from the level of work they're pursuing.

I think this book would be very helpful for them. East of Eden is my kind of fiction. Not necessarily feel good pick by the way, that's a book you would really like, because it's so good. But I think that's kind of the fiction. Get out of your head kind of pick and then burn out is more for when you're ready to hunker down and do.

The kind of mental work, it takes to take care of yourself, like to provide yourself with some self care. I think that's what burnout is for.

**Jordan Jones:** [00:06:45] Okay. Excellent. I think those were very well suited.

**Annie B Jones:** [00:06:47] Okay. You approve. All right. What about the Enneagram two types?

**Jordan Jones:** [00:06:52] The Enneagram two type is a type that we all have in our family.

Every single one of us either has a two that's, a mom or a mother-in-law. Or a sister, you, you definitely have a two. That's one of those things

**Annie B Jones:** [00:07:06] where the male twos

**Jordan Jones:** [00:07:08] there are male twos, there are male twos as well. But, but the, the typical two that we think of is called the helper. Okay. And this is someone who always dotes on others to try to give them exactly what they need or want. Their goal is to make themselves indispensable to others.

They're big on gift giving. But then the dark side of that is they can be a little bit manipulative. They can, they can throw that gift out there. I hope that you'll kind of be

indebted to them with the goal that you'll give them a gift. Later, that's kind of the goal. And I have several twos in my family.

they, they kind of hold things together, as well.

**Annie B Jones:** [00:07:48] I w I'm teasing, but I guess when I do think of the Enneagram twos in our families, they are mostly women. And my, my mom is an Enneagram two, and she really does hold things together. And then we also tease her. I think it has come up both in her Myers-Briggs.

And in her Enneagram typing this idea of, we, it's not like an inside joke in our family, like, guilt, manipulation. We joke when she, my dad started to employ, air quotes, guilt, manipulation, but. That's very parental descriptor is kind of what I think of when you say an Enneagram two, to me and I have Enneagram twos who are not parents in my life, like who are friends, but I do think of them as very nurturing types.

And so I came up with two book recommendations that I picked because of the parental characters in the book. So the first one is A Place for Us by Fatima Farheen Mirza. This is a book I read a couple of years ago that it was it's one of my favorite books I've read in the last, Oh, kind of five or six years.

I think it would make my top 10 list. It is a book about an Indian American family. they're deeply devout, devoutly, Muslim and the book is really about the difference between the parents who immigrated to America and then their children who were born and raised in America. And so there is a lot about religion and tradition.

I think of Fiddler on the Roof or something like that, where you kind of have this confusion, in the same family, like with the same worldview, the same values, but struggling because they're not entirely the same. And there are two really great characters in the book who are parents of these kids. And they're particularly the father figure.

I really kind of fell in love with him as a character. And so I thought of that book as a way, almost as a cautionary tale of sorts, to the Enneagram two type that this is how sometimes this type can come across, perhaps. Accidentally right. They can come across maybe as slightly overbearing or over-protective or, very protective perhaps of the traditions.

Even more than the people at the heart of the tradition. I think that A Place for Us really addresses well, so that's my first recommendation. And then my second one, because I didn't want the Enneagram two to feel like they're being treated harshly, like they need to learn something. Sometimes we also just need to read for reading sake.

And so I recommend Musical Chairs by Amy Poeppel. This is a book I've recommended a lot in the last few weeks because I read it this summer and thoroughly enjoyed it. I read it and just. The whole time had this big old grin on my face, but the woman who's the kind of the main protagonist in the book is a mother.

And she's a very devoted mom to these, to these adult kids. but you see her as an adult parent trying to figure out, she's a musician, so she is very talented. but you look at her life

and she's trying to figure out who she is. Not only post kids, but post this deeply committed relationship she's had with another musician.

It's a platonic relationship. They've run this kind of ensemble together, this trio, and she has been so committed to it for the last few decades of her life that she almost doesn't know what she would do without it. And when I think of an Enneagram two, I think of somebody who's immensely devoted.

And so what do they do when the objects of their devotion are removed from them either by choice or just because that's how life works. And so I. Really loves the mom at the heart of the book. And I think Enneagram twos might really see themselves in her. So A Place for Us is maybe the more I love that book, but it might be perhaps the more cautionary tale and then Musical Chairs is the reality.

The joy that can come from, maybe almost limiting your devotion a little bit, like toning it down just a bit, or finding yourself outside of the objects of your devotion. So. Excellent. Sounds good. All right. Enneagram Three.

**Jordan Jones:** [00:11:51] Objectively considered to be the best type. actually I actually, I think it might be the worst, but

**Annie B Jones:** [00:11:57] everybody thinks that about their own type.

**Jordan Jones:** [00:11:59] Everybody thinks that about their type.

**Annie B Jones:** [00:12:00] So that's how, you know, you've found your type

**Jordan Jones:** [00:12:03] Yeah. When he hits you between the eyes, you, you know, you found it. So the three type is called the achiever or the performer. I prefer achiever because performer makes me think of someone who simply wants to be on stage. Now, the performer does like to be on stage.

Absolutely. But, but the performer or the achiever is someone who really strives to be the best that they can possibly be and enters a room. Scans it. And then tries to kind of become whatever it is that the group wants them to be. They're great at selling a product, but the problem is, is that sometimes threes don't really know who we are underneath that facade.

We try to be what we think is expected

**Annie B Jones:** [00:12:48] of us. Okay. I really struggled with this one. And I don't know if it's, because I know, I know you, you and Enneagram three, so personally and intimately, and I recommend books to you all the time, but I recommend books to you because you're my husband and you're my friend.

Yeah. Yes. Beyond who you are as an Enneagram number. So I think that was probably why I struggled the most with this one was because you're the person I think I, I hope I know best. And so I was like, wait, I have to not think of Jordan. I have to think of any program three, right? Okay. So I did struggle with this, but my first recommendation is Hammet by Maggie O'Farrell.

This is not a book I have finished, but Lucy on staff here read it and loved it. The reason I picked it, yes, partly I was influenced by who you are, but this is a book about Shakespeare's wife and son and it's fiction. It's historical fiction. I know you love Shakespeare. So I think that's certainly what infiltrated this, because I think you would really like this book, but I also picked it because my understanding from my conversations with Lucy is that in the book, Shakespeare has never named.

And I really liked the idea of an Enneagram three, having to read a book about a really achieving person. Right. But the book is not about Shakespeare. The book is about Shakespeare's wife and kids. And so it's not about the Enneagram three. I don't know. I don't know that Shakespeare was in any of them three, but I want, I think I'd like an Enneagram three, right.

To realize. And hopefully this would help them realize the pressure's off the world. Doesn't matter while we're on you. And I don't mean that in a. In a, you guys are so selfish kind of way. I mean, in that, let's take the pressure off you, the Enneagram three. Right? And so this book is, has gotten universal praise.

People love it. but I think it's interesting that even though it's. Air quotes about Shakespeare. It's really not. He's not named, it's about his wife. It's about his child and it's about the plague that took place during that time. So it'd be especially timely to read right now. And so that was my first recommendation.

Again, highly influenced by who you are. I know you love Shakespeare, but also because. What happens when an Enneagram three reads a book about an achieving person, but it's not about the achieving person.

**Jordan Jones:** [00:15:00] Right? Well, and that's one of the paths to healing for the three is to find a cause or something else to support some, something to pour one soul into that doesn't just revolve around the three himself or herself, that's one of the paths to healing. So I think that's a good, that's a good call.

**Annie B Jones:** [00:15:18] Okay. Then my next one, I thought about a couple of the other Enneagram threes. I know. And I thought about you and I'm recommending The Best of Me by David Sedaris. Now, truthfully, I would recommend anything by David Sedaris, but The Best of Me is his upcoming essay collection that is supposed to be a compilation of all of his best works. So if you've never ever read David Sedaris, then I think the best of me yeah. Would be probably a great place to start. But really any David Sedaris work will do, here's why I'm recommending it.

Enneagram threes I know are high achieving, very busy. I've joked with you since college. Like you're the commitment King. You have something to do constantly. David Sedaris his essays, so you can pick them up and read them whenever you want. Great audio book guy, the Enneagram threes. I know, like to multitask, right?

So he's a great audio book narrator. And he's funny, the Enneagram threes, I know are a little bit performers. Like you are super goofy and funny, but you don't always show that to

everybody you meet. I think you do show it to a lot of people. You wait, but you don't show to everybody you meet. So I think it would help.

The maybe even the more uptight Enneagram three, I would not put you in that category, but I think it might help them loosen up a little bit. And it also is very easily read. Like I just think a lot of Enneagram threes I know are really busy and committed and reading is hard for them. But if you're reading an essay collection or if you're reading something really outrageously funny, you want to keep going.

If you're in, if you're a multitasker, an audio book is perfect for you. So that's why I'm recommending the best of me.

**Jordan Jones:** [00:16:50] I think that's great. And Enneagram threes need to also learn how to kind of let go and let emotion take over. I love a really good laugh.

**Annie B Jones:** [00:17:00] You don't love a really good cry.

**Jordan Jones:** [00:17:02] No, no.

**Annie B Jones:** [00:17:03] I mean, we have to draw the line somewhere.

**Jordan Jones:** [00:17:05] I can take it or leave it. A really good laugh, you know, and it's kind of like, if no one else is gonna make me laugh and I'm going to try to make other people laugh, but I'm just as content to have, you know, some kind of weird slapstick thing on in the background and make me laugh hard, make me be able to get in touch with that emotion.

So, and David Sedaris is one of those guys that does that,

**Annie B Jones:** [00:17:26] right?

**Jordan Jones:** [00:17:27] I mean, when we've seen him live. I mean, I, I can't stop laughing just, just the way he says things

**Annie B Jones:** [00:17:32] yes. That's why the audio books are so great too. Okay. So those are my recs for the Enneagram three, I'm excited to talk about the Enneagram four, because this was the easiest category for me to fill.

And I'm, I'm wondering why that was because

**Jordan Jones:** [00:17:45] they're readers. I think the Enneagram four is, if not the rarest, one of the rarer types on the Enneagram, this type is called the romantic, and this is the type. Again, they're rare, but you probably have one of them in your family. They believe themselves to be unicorns.

and they, they are, they're very whimsical. they're artistic and they're kind of melancholy that they, they have a sense of melancholy, but they like it. Franz Kafka was a four and he said, I have the true feeling of myself only when I am unbearably unhappy. So they're actually comfortable with, sorry.

They, they, they're okay. Sitting in that a little bit. So, so that's the four,

**Annie B Jones:** [00:18:30] I don't know if I've ever told you this, but my spiritual director is an Enneagram four. And I think that makes a lot of sense. Somebody who's comfortable to kind of sit, to borrow a Jewish phrase, like to sit Shiva with you to sit with you in it.

Right? So I have two recommendations. The first is called *The Harpy* by Megan Hunter. This is a book that comes out in November, so it's not out yet, but I'm recommending it because this is one of the weirdest books I've read this year. And when I think of a person who might be willing to read this book, I think of an Enneagram four. So it, and it is a dark book. And I think the Enneagram fours I know are comfortable with darkness. They're okay with it. And so yeah, in *The Harpy* which is actually a book you picked for me, like out of my stack, it is about a woman and a, and her husband, her husband has had an affair and in order to keep their marriage intact, what the husband has told the wife she should do is punish him three times and punish him.

And then, and then it's over, like once she's punished him, they have to move

**Jordan Jones:** [00:19:32] on just the retribution.

**Annie B Jones:** [00:19:33] Right. It's done. And this book it's fascinating because Megan Hunter is a beautiful writer. I've read one of her other books and thoroughly enjoyed it and just respect her as a writer. She writes very poetically, which is another reason I'm recommending this for any grant for, I think they would appreciate the language of it.

It also plays with myth. So the myth of the Greek myth of *The Harpy* character. Right? And so *The Harpy* as this Greek mythological creature plays a part in between the chapters about the husband and wife. I won't go into too much detail because I really want people to read this one for themselves.

It is bizarre and it is not for every reader, but I thought that's why it was perfect because the Enneagram four is. Is very unique and, and, and comfortable with being the only one for whom this book, why before? so that was my first recommendation. And then my second one is called *The Incendiaries* by R.O. Kwon.

I read this years ago when it very first came out. Highly literary again, something I think might appeal to an Enneagram four reader, but it also is about this, this young woman who kind of gets mixed in with this cultish type group. And then she kind of has to figure out, do I want. And on this or not, and it plays with religion in a way that it talks about both evangelical Christianity.

As I recall, like one of the characters is kind of, has been a part of that and is now kind of drawn to almost this more religious cult like experience. And so I think an Enneagram four might really appreciate this because it's trying to figure out who you are. Against the rest of the crowd, right against the rest.

Very, very fourish. So *The Incendiaries* by R.O. Kwon and then *The Harpy* by Megan Hunter. Those are my four recommendations. Fantastic. Okay. Talk to me about the five and be careful.



**Jordan Jones:** [00:21:20] Okay. So, you know, on the one hand you should tell me about the five, because you're a five, but on the other hand, I get a front row view.

Dare I say, a more objective view of the five. So, the five is called the investigator, and this is a type that. Tends to be, if you know anything about Myers-Briggs, Myers, Briggs, and the Enneagram do not have one-to-one ratios, but I will tell you that every single five I've met is also an introvert on the Myers Briggs.

This is the type that has a limited tank of gasoline, of energy. This type kind of wakes up with one third of the tank that the rest of us have, and they see interactions with others as draining. So they kind of live in a world of scarcity and they try to conserve their emotional and intellectual resources.

This type is very imaginative, tends to be quiet, tends to be minimalistic and very intellectual. And so I will say that I think probably most people who are drawn towards books, well, let me say this of all the people that are drawn towards books probably fours and fives are overrepresented. So there are probably more fours and fives listening right now.

then, then yeah, it reflects their actual population in the world. So they might say, Oh, I found kindred spirits with Annie. I found, you know, because you guys are small and when you find each other, it's like a light bulb

**Annie B Jones:** [00:22:44] goes off.

That's funny that you say that because, this one time I got to meet Ian Cron at that book conference, we went to you're in New York a couple of years ago with a couple of years ago, just last year.

Anyway, I mean, I got to meet him. I asked him, I said, what purse or what Enneagram type have you seen the most of here? And of course it's hard to predict. It's not quite like the Myers-Briggs right about motivation. So it's very internal

**Jordan Jones:** [00:23:07] hard to know what someone else is just by

**Annie B Jones:** [00:23:09] exactly. But he said, if he had to guess he laughed and he said, By far the Enneagram four.

Wow. And I thought that was so funny. And at the time, very unexpected to me, the more that I have learned, the more, yeah. I find that to be realistic and probably accurate. Okay. So for fives, I went really the same direction with both of these books. So the first recommendation is Transcendent Kingdom by Yaa Gyasi, which.

Is my favorite book of the year. Hunter and I talked about it on this last week's podcast episode.

**Jordan Jones:** [00:23:38] That means a lot when it comes from someone who reads a hundred books a year, a lot from you, because it's like in your top 1%.

**Annie B Jones:** [00:23:46] Yeah. It's excellent. The reason I'm mentioning it here is because I've mentioned it a lot.

And so I'm sure people are a little eye-rolly about it, but the reason I'm mentioning it here is because I actually think Gifty who's the main character in the book. I suspect she could possibly be an Enneagram five, the way that she deals with grief and loss. Is to question and reevaluate her religious upbringing and it is to lose herself in science.

And so when she loses a person, she holds dear, the way that she copes with that is by studying kind of why things happened the way they did the mechanics. Yes. And so I found Gifty to be one of my favorite characters I've been introduced to in the last few years, there are. Phew may from the Dutch house comes to mind, but Gifty, just, I wonder if I found her so endearing because I also found her to be so familiar.

And then my other recommendation for the five is the Essex Serpent by Sarah Perry. This is a. I almost think a little bit outside of genre for me, but it is kind of this Gothic novel that takes place on, I think about on the Moors like it takes place on the coast of England. As I recall, I read it a few years ago.

The reason I'm mentioning it is because at the heart of the book is a platonic friendship between a man and a woman. And the woman is very scientifically minded and the man is a little bit more. imaginative. And, there is the Essex serpent where the book gets its title from is almost like a Loch Ness monster type thing.

And that is kind of the undercurrent. Underneath the whole book is like, does this Essex serpent exist? Yes, but really to me, the book was about faith and doubt and belief and non-belief, and also this platonic friendship that maybe may or may not main platonic throughout the book. I just really loved the relationship between those two characters and yeah.

A lot of Enneagram fives. I'm not sure that I really fall in this category, but a lot of Enneagram fives seem to be really scientifically minded. I actually don't know that that's true about me, but I am curious. And so both Transcendent Kingdom and the Essex Serpent deal with science, but in a way that I find really interesting.

And so

**Jordan Jones:** [00:26:06] the imaginative way boiling concoctions. Okay. That's all right. Yeah, that, that also seems like it's drifting perilously close to the, to the five wing for, you know, like, like if you're a five, one, four, maybe even a four wing five, that sounds like that kind of overlap,

**Annie B Jones:** [00:26:23] which I have been. I think I do struggle with my wing people.

my spiritual director actually wondered if I was a five wing four, and I've never thought that about myself. I always assume I'm the six, wing six, but who knows? That's for another pod? That's for another day. Speaking of the six, what?

**Jordan Jones:** [00:26:40] Okay. The six, sixes, are everywhere. and you'll know them because when there's not a crisis, they're telling you that there's going to be a crisis.

And then when there is a crisis, they've, they've all, they're all stocked up.

**Annie B Jones:** [00:26:54] They've got all the food.

**Jordan Jones:** [00:26:55] They've got all the guns. They've got all their cars, all lined up. They've got their underground bunker ready. So this is like a kind of a worst case scenario type. They're very oriented towards their duty.

You know, what, what needs to be done? What am I supposed to do? What's the correct group that I need to be a part of. They're called the loyalist. This type does not usually like the spotlight. I have an Enneagram six friend who told me that his greatest fear is that he might be discovered and what he means by that is he's worried he's going to go viral on YouTube accidentally.

**Annie B Jones:** [00:27:28] That is also my greatest fear.

**Jordan Jones:** [00:27:31] Let me just give you all a hint, spoiler alert. I think Annie's a wing six, but, that's, that's the six they're, they're anxious, they're cautious. They don't think they're really safe. And so they really work hard to. To limit their risk.

**Annie B Jones:** [00:27:47] So I picked a fiction and a nonfiction title for this one.

The nonfiction title came out a few years ago and it's called Text Me When You Get Home and it's by Kayleen Schaefer and it is a book about female friendships. so this would probably be more geared toward the female Enneagram six, but. It really is all about that title, right? Like women live in a world in which we protect one another and we watch out for one another and the Enneagram.

Oh yeah, absolutely. And it's, so it's really not even just about Enneagram type, right? It's about gender and about being out in the world and having to be super aware of your surroundings. But it's also about the ways in which women in particular take care of themselves through their friendships. And this book is all about

kind of the role friendships play in the lives of women. So I love that this book, when it came out, I thought it was really informative because it's kind of a pop psychology, but also kind of about social networks and the ways in which women care for one another. And I just think the Enneagram six.

Should know that she is not alone. Like she doesn't have to fend for herself. Like she can have a support system or other women or friends or relationships who are, who are helping her make her way in the world. She doesn't need to live in fear or anxiety because we have, and other's backs kind of thing.

So I thought this book would be an encouragement to them. The second book I'm recommending is Sea Wife by Amity Gaige. And the reason I'm recommending this is because this is a fiction book. This is a novel, great novel that I read this summer. Yeah. I

think it's perfect for the Enneagram six, because in this book, everything can go wrong, does go wrong.

Okay. And the protagonist of the book, the narrator of the book survived. And so, and that's not a spoiler. I think an Enneagram six needs to be told. And maybe I don't want to project, but like, you're going to be okay. Right. Like you are going to be okay. Even if the worst happens, you are going to survive.

You have the capabilities. And again, going back to the other book recommendation, you have people in your life who are going to help you through this. You don't have to do this by yourself. And so *Sea Wife* is just an utterly enjoyable and engaging novel. It's about a woman whose family goes sailing and her husband has this desire to kind of sail around the world.

But it's really a survivor tale. And it's about, again, what happens when everything goes wrong. And if you're an Enneagram six, I imagine you spend a lot of time doing like worst case scenarios and in this book, the worst case happens and it's still okay. Good point. So that's *Sea Wife* by Amity Gaige. Excellent.

Excellent.

**Jordan Jones:** [00:30:21] A little bit of exposure therapy, you know, imagine that if this horrible thing happens, Oh, look, you survived.

**Annie B Jones:** [00:30:28] Right. And I think reading books, like that would be such an encouragement to me if I were an anagram section and because I'm partly in any era, so it's like, I find them to be really comforting, like, okay, this, this lady then I sure can that kind of thing.

Right. Okay. Enneagram seven, this was the other hardest category for me. So the three and the seven was the hardest. Book group for me,

**Jordan Jones:** [00:30:49] you have a hard time picking for people with a tremendous amount of energy. And that goes back to you being five and having almost no energy. So, the Enneagram seven has a double tank of gasoline.

They're like a big, giant semi truck. This is the most fun type. This is the type that brings fun to a party. This is one of the few types that when I sit down with a seven, I feel like an introvert. I schedule time with sevens when I'm tired of being. The extrovert and I can just sit and just watch and eat my popcorn wow.

Through their talking and their soliloquy. They entertain me. They have the best stories. They have the most bizarre things happened to them. They truly make life fun. But what is at the root of this is they're really afraid of thinking about the bad and the hard things in life. They're they're so worried about the pain that life could bring.

They don't like funerals. They don't like hardships. They don't even like thinking about them. So what they do is they try to think about fun. They try to instantly cheer everything up. And so there's a lot. To dive into with this type, but that's, that's the gist of it.

**Annie B Jones:** [00:32:03] I wound up going with, for nonfiction.

I went with Here for It by R. Eric Thomas. This is a collection of essays. The reason I picked it is because you can not look at this book cover without smiling like a maniac, because it is so fun. Like it's this kind of pink cover. There's like confetti on it. And R. Eric. Thomas is hilarious. He's a very talented writer.

This is going to be, I think in my top 10 books of the year, I mentioned it a lot. it is so utterly enjoyable, but here's the thing. He is also writing about really deep things having to do with race. Politics religion. And it's almost like it sneaks up on you. Like you're reading it and you think this is fun.

And then all of a sudden you're crying. I don't know, I'm not speaking from personal experience, but I think, I think this would be so good for the Enneagram seven because R. Eric Thomas, I have no clue what Enneagram type he might be, but the book itself is really fun. Right. And really, Seemingly kind of laid back and like this collection of essays, but then you notice he has really, he has really kind of gone a lot deeper than you expected.

And I think it would almost catch an Enneagram seven by surprise. Like they would be feeling things really without even knowing they weren't. Right. And so that's why I'm recommending Here For It. The other one I thought would be really great for an Enneagram seven reader is City of Girls by Elizabeth Gilbert.

Partly because I think one of the protagonists in the book may be an Enneagram seven again, it's kind of hard to know, and I didn't base all of my recommendations upon characters and their Instagram types, but I do think one of the characters in city of girls is this very vivacious character. And she reminds me of an Enneagram seven.

The book is set in New York city, which I think would just be a fantastic place for an Enneagram seven to spend their time, whether literal or metaphorical it's set kind of against the backdrop of a theater community. But once again, Elizabeth Gilbert, the author is. In the middle of this really great kind of raucous story in New York, also dealing with coming of age identity, figuring out who you are.

So themes that if you were just to slap the Enneagram seven in the face with it, they might not appreciate, but if they're lost in a really good and compelling and fun, does that make sense? City of girls is a really fun book, but you also remember my book club wound up discussing it. And I realized while discussing it aloud, how much there was really rich to go into in this, in this novel that I really just liked as a piece of literature, like as a, almost like a fun summertime book.

And then I got to talking about it and realized, Oh, this is

**Jordan Jones:** [00:34:44] right. It's almost like when, you know, A good deal of alcohol is buried underneath, you know, a lot of really sweet ingredients in a cocktail, you know? And some of the best books are like that. I think it was either JRR Tolkien or CS Lewis that said, sometimes people won't be ready to hear a truth through the front door,

**Annie B Jones:** [00:35:03] but

**Jordan Jones:** [00:35:03] they will through the back door.

Yeah. If it's done right. In the context of a really cracking good story, you know? it can, it can, it can seep in and they can still experience the truth without feeling like they're being threatened or

**Annie B Jones:** [00:35:16] confronted.

Right. Okay. The eight.

**Jordan Jones:** [00:35:20] Okay. Okay. So the eight, this is, this type is great. this high, it makes me laugh.

All the time, just, just watching an eight's life. This type is called the challenger.

**Annie B Jones:** [00:35:29] I think it's so great that you like them because a lot of people I know, like in my personal life, really are afraid of the age.

**Jordan Jones:** [00:35:36] Right? So, I think the eight here's the way I would put it earlier, we talked about the five.

Everything sounds loud to a five. Okay. Kind of goes around with the volume on the TV, the way up, you know, everything sounds like yelling. Everything sounds like loudness. The eight kind of goes around with the volume turned down. The eight might be hearing yelling, but the eight thinks it's just regular talk.

That's how the eight. Deals in relationship, the eight yells, the eight spars, the eight discusses, and the eight's not trying to be aggressive, but a duck as Phil aggressive to the rest of the time. so this is someone who's not touchy feely. Really. This person will not beat around the bush. What this person really fears.

Is being controlled. And as a result, they go about doing things that makes other people think they're trying to control them, but they're really not. They're just afraid. Eights are just afraid of being controlled.

**Annie B Jones:** [00:36:33] I picked immediately, Untamed by Glennon Doyle for the first recommendation. I, again, I don't know, I don't want to speculate about people's Enneagram types, but I do think an eight would love a conversation with Glennon Doyle, because I think Glennon Doyle exhibits some of the same characters as an eight. Again, I won't speak to her actual Enneagram type, but she is blunt. She is funny. She is strong and every essay and untamed, even if you don't agree with it, It gives you something to think about.

And that's what I want out of my literature. Maybe I'm alone in that, but that's, I want a book kind of going to make me think, going to keep me on my toes and the best Enneagram eights. I know do that for me. Right. That's right. There's a personality type or the type of person who kind of keeps me on my toes and helps me be paying attention.

And then also Glennon Doyle really does a great job of writing about the emotions. And you talk about an Enneagram eight, perhaps not naturally being a touchy feely person. I think Glennon is healthy. And so she is, or certainly has worked her way towards health. And so I think she is a great invitation to the Enneagram eight.

That is okay to get in touch with your emotions. And that it's okay to feel strongly about something or it's okay to be sad or it's okay to feel joy. I think untamed addresses a lot of them.

**Jordan Jones:** [00:37:53] Well, and that's good because the eight, the eight is highly passionate and there's an interesting distinction there because eights are not lazy.

They're, they're very passionate, but they're not necessarily. They're not necessarily going to get outwardly emotional, but there's the emotion that's deep within it. And that is the passion. And it sounds like that comes through in this book.

**Annie B Jones:** [00:38:13] It does. And I, and I think she would allow a reader to kind of come into their own and to experience a wide range of feelings and not feel guilty about it.

Okay. And then my second recommendation is based on the fact that the Enneagram eights I interact with in my regular day to day life are really passionate about social justice. And so my second recommendation is called A Knock at Midnight. This is by Brittany K. Barnett. If you enjoyed Just Mercy or a book like that.

I think this book would be for you. It's about a woman. It's a memoir written by Brittany Barnett, who was an attorney or a young kind of law student who I think was an accountant at the time she was in law school. So she was finishing up law school and came across this case in the rural South where she realized this woman had been incarcerated on a life sentence for a first time drug violation.

I think this was her first real life introduction to the criminal justice system and how it worked. And so this case kind of caught her attention and changed her career trajectory instead of going into corporate law, which is what she was always going to do. She has decided this is the case that kind of pushed her to make a total career change.

And I think the Enneagram eights, I know, are brave. They are kind hearted. They're deeply caring about the world around them and they strike me as the kind of person who would. Change their career path to make a difference. Right?

**Jordan Jones:** [00:39:39] They're the type of person that would stand up against the bully. Sometimes eights were thought of as bullies.

They're really not. They're the people that come between the victim and the bully.

**Annie B Jones:** [00:39:48] Yes. And so anyway, A Knock at Midnight by Brittany K. Barnett. I have not read it yet, but it is a new book. I think it was released last week and I am anxious to read it. I read about it and I'm really impressed by Brittany Barnett and the work that she does.

And I think an Enneagram eight would appreciate it as well. All right. Last type. Well,

**Jordan Jones:** [00:40:07] the last type is the nine called the peacemaker. And this type is unique because it sits on top of the Enneagram diagram. This type really, as the name suggests, wants to keep the peace very go with the flow. I kind of think of this type as being a type that kind of floats. You could push it this way or that way, and it will probably go.

With you, this type tends to merge with others around them. they kind of take on the interests of others around them, and sometimes they tend to fall asleep to themselves and they really don't know what they actually want. they, they, they, they get kind of confused about that, but on the other hand, they're very good mediators.

They can see both sides of an issue. And kind of like the five, they tend to be quieter, that you, you can find many nines all across the world. sitting on their couch, eating ice cream and watching TV with the lights, very dim I'm in a very relaxed

**Annie B Jones:** [00:41:11] state. They, I feel like I could learn some things from the Enneagram nine. The Enneagram nines in my life are constantly teaching me.

And so I have two books. The first one is called Hey Ladies! by Michelle Markowitz and Caroline Moss. I love this book. The reason I'm recommending it though, is because the Enneagram nines I know actually tend to and I think you said this, they tend to exhibit the traits of multiple Enneagram types, right?

And so in, Hey Ladies! It is, how do I even say this? It's almost an epistolary novel. It's entirely told in text messages and dialogue. Among a group of friends planning a wedding. So it's a group of girlfriends and one of them is getting married and they're planning a wedding and you won't know this Jordan, but anytime a woman is a bridesmaid or in a wedding party in any capacity, you get a lot of emails or texts that say, Hey ladies, like, here's what we're doing.

And this book, let me laugh out loud. One of the things I loved about it though, was you get to see really all these different kinds of personality types. And friendships come together and you, as the reader, can easily identify yourself in the friends. Oh, that's good. Like I immediately knew. And again, it's told entirely through dialogue, so you don't actually get a ton of character exposition, but I immediately knew, Oh, there I am.

I'm the girl who never responds to the text. I'm that one? Yeah, I'm the ghost. Yeah. And so I think if you aren't Enneagram nine and you see yourself in a lot of different types, I think you might enjoy and get a kick out of this book. Okay. And then the second one is perhaps a more serious book, it's called What We Lose by Zinzi Clemmons.

The reason I'm recommending it is because it's a beautiful novel and it's short, right? So you talked about Enneagram nines sometimes. I think they, like the five, don't have a lot of gas in the tank. I could be wrong about that. Enneagram nines I know are like me and they maybe start their day low on energy and they've got to figure out ways to fill their tank.



What I like about the Zinzi Clemmons novel is it is short. So an Enneagram nine wouldn't have to put in a ton of time commitment to this book and the character at the center of the novel has just lost her mother. So one of the things I think in Enneagram nine might struggle with is knowing who they are because they do, they are great mediators and they do see themselves in a variety of types.

I think the Enneagram nine needs to figure out who they are and who they are without the help of other people. Right? So the Enneagram six needs to be reminded, Hey, I'm not alone in this world. I can do this with the help of others. I think the Enneagram nine maybe does need to remember: They have to stand on their own two feet.

And so in the book. The character has just lost their mother and they don't quite know what to do next. And they're trying to figure out who am I as a woman? Who am I as a mom? Who am I as a friend? And who am I without this force? And it's a deeply sad book because of that. I think you can tell that from the title, what we lose, but it's also about who you are apart from everybody else.

And I think an Enneagram nine would really benefit from that message and would also just really love this story. It's a deeply felt beautiful book. I read it a few years ago and adored it. so that's Enneagram by Zinzi Clemmons

**Jordan Jones:** [00:44:32] That sounds great.

**Annie B Jones:** [00:44:33] We did it. Congratulations. We covered all nine types, 18 bucks. I feel good about it.

How do you feel great. Thank you, Jordan.

**Jordan Jones:** [00:44:41] You're welcome

**Annie B Jones:** [00:44:45] From the Front Porch is a weekly podcast production of The Bookshelf, an independent bookstore in South Georgia. You can follow The Bookshelf's daily happenings on Instagram at @bookshelftville, and all the books from today's episode can be purchased online through our store website, [www.bookshelfthomasville.com](http://www.bookshelfthomasville.com).

A full transcript of today's episode can be found at [www.fromthefrontporchpodcast.com](http://www.fromthefrontporchpodcast.com). Special thanks to Dylan and his team at Studio D Production for sound and editing and for our theme music, which sets the perfect warm and friendly tone for our Thursday conversations.

Jordan, what are you reading?

**Jordan Jones:** [00:45:27] This week. I am reading The Biggest Bluff by Maria Konnikova.

**Annie B Jones:** [00:45:32] Oh, very good. Yeah.

**Jordan Jones:** [00:45:34] Yeah. It talks about how Texas Hold'em poker has just the same blend of luck and skill as life.

**Annie B Jones:** [00:45:40] Oh, that was beautifully put.

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We're so grateful for you, and we look forward to meeting back here next week.