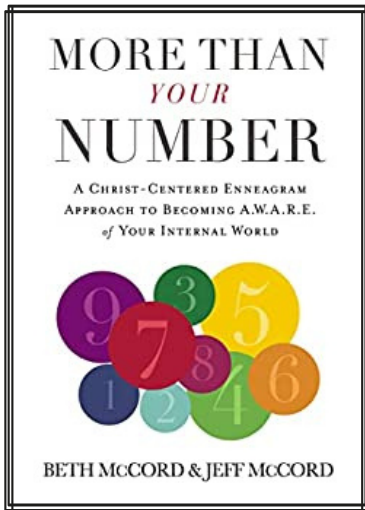




MORE THAN YOUR NUMBER

YOUR ENNEAGRAM COACH FOUNDERS BETH & JEFF MCCORD USE THE ENNEAGRAM FOR TRANSFORMATION, NOT JUST OBSERVATION

Embrace a Healthier & Happier Life with a Christ-Centered Approach to the Enneagram



Nashville, TN, (June 1, 2022) – **What’s your number?** You’ve likely been asked this question as interest in the Enneagram has exploded across the U.S. And you’ve likely asked your own questions about the personality typing system: *How does the Enneagram work? Can it help me become more Christlike? Am I more than just a number?*

Your Enneagram Coach founders, Biblical experts and long-time Enneagram authorities Beth and Jeff McCord offer answers in their new book, ***More Than Your Number: A Christ-Centered Enneagram Approach to Becoming A.W.A.R.E. of Your Internal World*** (W Publishing Group, September 2022). Using unique methods found only in their new book, and at YourEnneagramCoach.com, the McCords unpack the unique ways human beings reflect the image of God – and how an understanding of the Enneagram can aid spiritual, relational and leadership growth.

For Christians who want to better understand themselves and grow spiritually and relationally, the expansive variety of Enneagram books, articles and websites can feel daunting. The McCords have written ***More Than Your Number*** as a faith-friendly, user-friendly resource to increase self-knowledge, increasing one’s love for God and God’s unique design for every human being. More than a description of each type, ***More Than Your Number*** addresses how to lead ourselves and foster healthier relationships.

“Before learning that I am more than my number, I lived as many of us do: unaware of my internal world,” says Beth McCord, who has spent more than 20 years of study, application and teaching the Enneagram with advanced Enneagram coaching certifications. “That internal fog prevents us from becoming the healthy, authentic versions of ourselves that God intends. The gift of the Enneagram is that through self-discovery, one can create and sustain meaningful and lasting relationships with others, God and themselves.” Beth believes that every Christian can learn more about themselves, we can grow spiritually with the Spirit’s guidance, and can find life within the kaleidoscope of wonder and peace the Father offers all His children.

“The Enneagram is like an X-ray: it can show you what is broken, but it cannot heal that broken place,” says Jeff McCord, who holds a Masters in Divinity from Covenant Theological and certifications from The Allender Center, Nashville Conflict Resolution Center and The Gottmann Institute. “Only the true Healer—Jesus—can restore your heart. The gospel transforms you; the Enneagram helps you recognize what’s going on in your heart.”

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Press Release

The McCords have studied and taught the Enneagram through the lense of the Gospel for more than 17 years. Their international organization, Your Enneagram Coach, is one of the largest Enneagram platforms online and one of the few that approaches the Enneagram from a biblical, Christian perspective. Unique to the McCords is an Enneagram Internal Profile (EIP), which helps users evaluate how they are reacting in real time and how to move to health, freedom and wholeness. They are also the creators of the acronym A.W.A.R.E., which helps readers shepherd their internal life by:





- **A**wakening to thoughts, feelings, body sensations, and inclinations;
- **W**elcoming these experiences without judgment;
- **A**sking the Holy Spirit for guidance;
- **R**eceiving what is true; and
- **E**ngaging with God, oneself, and relationships in a new way.


During the months leading up to the release of *More Than Your Number*, the McCords will promote the book across their vibrant social media platforms, their popular podcast *Your Enneagram Coach*, and their newly launched YouTube Channel.


About Beth and Jeff McCord

Beth McCord (Type 9: Peaceful Accommodator) and **Jeff McCord** (Type 6: Faithful Guardian) are best-selling authors and cofounders of Your Enneagram Coach (YEC), one of the largest Enneagram platforms in the world and the only one of its size that teaches people how to use the Enneagram from a faith-based perspective. Their podcast, *Your Enneagram Coach*, has more than 3 million downloads since launching in April 2019. More than 2 million people have taken their online Enneagram Type assessment, and more than 2,000 people have enrolled in their Become an Enneagram Coach program. <https://www.youenneagramcoach.com>

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Your Enneagram Coach: The Podcast

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More Than Your Number: A Christ-Centered Enneagram Approach to Becoming AWARE of Your Internal World By Beth and Jeff McCord

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