

Twentieth Anniversary Edition

# RIDING *the* DRAGON

10 Lessons  
for Inner Strength  
in Challenging Times

ROBERT J. WICKS

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"An amazing ride filled with ancient and modern wisdom."  
Joyce Rupp

# Riding The Dragon 10 Lessons For Inner Strength In Challenging Times

**Clifford Lane**



## **Riding The Dragon 10 Lessons For Inner Strength In Challenging Times:**

Riding the Dragon Robert J. Wicks, 2022-12-16 Riding the Dragon gives the reader the chance to look for the lessons that are often hidden in our sorrows Goodreads reviewer Twenty years and 70 000 copies after it was first released Riding the Dragon by popular author speaker and psychologist Robert J Wicks continues to help thousands each year to confront the dragons of stress discouragement burnout and unexpected change that everyone struggles with in their daily lives Instead of pretending these difficulties don t exist or trying to remove them entirely Wicks offers ten lessons to help us face them overcome them and grow from them These simple yet profound lessons draw on the wisdom of Eastern and Western spiritual traditions as well as Wicks s experience as a psychologist and include pairing clarity with kindness seeking perspective daily and building a barrier of simplicity Riding the Dragon is a concise compassionate and knowledgeable guide for anyone experiencing or supporting someone facing personal or professional challenges This twentieth anniversary edition features a new preface from the author highlighting how Riding the Dragon is perhaps now more than ever an indispensable spiritual and psychological companion for all of us who are yearning for our lives to be transformed **Night Call** Robert J.

Wicks, 2018 Told through anecdotes clinical observations and pearls of wisdom and drawing from broad literature in psychology philosophy religion and spirituality Wicks weaves together stories of pain hope healing and strength to guide readers through the night This text is the culmination of decades of experience of someone who trains the healers and helps the helpers Consequently it affords readers the opportunity to learn the strategies that professional helpers first responders ministers emergency workers and soldiers have learned to use in dealing with loss pain trauma and grief A

Long-Shadowed Grief Harold Ivan Smith, 2007-01-25 In the aftermath of suicide friends and family face a long road of grief and reflection With a sympathetic eye and a firm hand Harold Ivan Smith searches for the place of the spirit in the wake of suicide He asks how one may live a spiritual life as a survivor and he addresses the way faith is permanently altered by the residue of stigma that attaches to suicide **Let's Look Together** Wicks, Robert J., 2023-03-02 Spiritual mentoring advice inspired by the writings and life of renowned priest and author Henri Nouwen **Quiet Dangers** Wicks, Robert J., 2023

Robert Wick s latest book presents a discussion of the natural encounters all of us can expect on the journey toward a deeper relationship with the truth about ourselves others and God This includes the search for imago Dei what to expect in traveling our own road to Emmaus how to recognize our own hidden resistances to spiritual growth and change especially compartmentalization and ways to personally explore our own answer to Jesus s question in John s Gospel What are you looking for **Streams of Contentment** Robert J. Wicks, 2011-10-03 In his most intimate self portrait Robert J Wicks

bestselling author of Riding the Dragon and respected spiritual guide therapist and speaker reflects on childhood summers spent away from New York on his family s farm He mines those memories for lessons in finding contentment amidst hectic contemporary life Author speaker psychologist and spiritual guide Robert J Wicks opens a window into his personal life

relating stories of the people and places that shaped his spiritual perspective in youth and early in his professional career Now in paperback *Streams of Contentment* shows Wicks as a New York City boy spending summers on his uncle's farm in the Catskills He highlights the resonance between life in the country and the insights of spiritual writers on gratefulness and mindfulness concluding The crucial calling for me now is to be content with who and where I already am Overcoming Secondary Stress in Medical and Nursing Practice Robert J. Wicks,2006 This book is a concise guide for physicians nurses and allied health professionals on understanding acute and chronic secondary stress developing a personally designed self care protocol and strengthening one's inner life It features a newly developed Medical Nursing Professional Secondary Stress Self Awareness Questionnaire that can be self administered *Spiritual Resilience* Robert J. Wicks,2015-03-09 We've all had times when bouncing back from the ordinary stress of daily life or an unexpected tragedy seems to be an insurmountable challenge We need a way to recover resilience If you're facing difficult times Dr Robert Wicks is here to help you regain your balance by discovering resources you may have been taking for granted Through 30 daily reflections you can gradually find your way back to a place of serenity and renewed energy Wicks draws on the wisdom and insight of great teachers and healers throughout the ages as well as the wealth of insight from the Scriptures to show how a renewed spiritual life can bring you to a place of psychological strength Soul-centered James J. Clarke,2015 Specifically aimed at the busy lay person this book underlines the idea that spirituality is not exotic something for the few but that it is in ordinary things and daily life that we can find intimacy with God *Wounded Children, Healing Homes* Jayne Schooler,Betsy Keefer Smalley,Timothy Callahan,2014-02-27 Why doesn't our child return our love What are we failing to understand What are we failing to do These questions can fill the minds of adoptive parents caring for wounded traumatized children Families often enter into this experience with high expectations for their child and for themselves but are broadsided by shattered assumptions This book addresses the reality of those unmet expectations and offers validation and solutions for the challenges of parenting deeply traumatized and emotionally disturbed children **Availability** Robert J. Wicks,2015-11-20 For almost thirty years *Availability* has been a trusted guide for cultivating openness and being present to God self and others In this new edition Robert Wicks describes availability as a challenging but spiritually rewarding way to live a more balanced life Drawing insights from his spiritual mentors Henri Nouwen and Thomas Merton Wicks shows how freely entering into the turmoil and joy of other people's lives can lead to deeper self knowledge and a powerful encounter with Christ In this simple accessible book written in his characteristic warm and direct style Wicks shows how self awareness compassion for others and prayer are but different turns on the same road of finding and living the Truth Wicks looks at the three dimensions of spirituality through the lens of availability Looking first at self awareness he offers brief chapters on forgiveness clarity and the uniqueness of each person In part two he examines availability to others as a twofold challenge negotiating the difficulties inherent in relationships and entering into others' pain In part three Wicks explores availability to

God focusing on letting go and experiencing him      *No Problem* Robert J. Wicks, 2014-03-24 With total book sales of more than 200 000 copies spiritual teacher Robert J Wicks brings his characteristic warmth and insight to his newest book an inner workshop for the soul He shows readers that personal transformation is attainable through a simple day by day process of identifying and turning the next corner of his or her spiritual life For Robert Wicks forward motion in the spiritual life is no problem All it takes is the right perspective and a little bit of knowledge both of which he provides through his book s three part structure twenty lessons three doorways and thirty daily exercises Wicks s twenty lessons are bite sized and practical and he shows how the two great commandments love God love others and the parable of the Good Samaritan form doorways to spiritual riches In part three Wicks provides the tools and coaching for readers to conduct their own inner workshops In these thirty spiritual exercises Wicks invites his readers to acknowledge accept and start where they are employing simple practices and assuring that God s grace will carry them around the next spiritual corner      *The Simple Care of a Hopeful Heart* Robert J. Wicks, 2022 With a healthy perspective we can become resilient in ways that not only help us bounce back from stress and tough times but we can actually deepen in ways which would not have been possible had they not occurred in the first place *The Simple Care of a Hopeful Heart* offers a series of brief accessible lessons in self care and self understanding to enhance such possibilities      *Being a Supervisor 1.0* Joseph F. Duffy, 2018-07-27 *Being a Supervisor 1.0* is a handbook for first time and aspiring supervisors covering information useful in preparing to step into that role and fulfilling the duties of a supervisor on a daily basis While the primary audience is the first time supervisor or aspiring supervisor the book will also be a useful resource to experienced supervisors looking for help with daily supervisory tasks      **The Discovery of Spiritual Chivalry** Todd Greene, 2019-11-29 Higher forms of chivalry are waiting to be born in persons of all faiths ages genders ethnicities and social backgrounds Blending theological and social scientific perspectives Dr Todd Greene offers the compelling argument that the human spirit is inherently chivalrous Dr Greene believes persons need to journey courageously however for their chivalrous spiritual qualities to develop In this book he has assembled a field guide for such journeys Dr Greene addresses spirit soul and ego differences healing and transcendence of traumas transformations of shadows true selves vs false selves and pitfalls common to modern societies Trails blazed by this book can be of immense assistance to those wishing to heal recover change or grow towards noble spiritedness      **Art Therapy and Health Care** Cathy A. Malchiodi, 2012-10-19 Demonstrating the benefits of creative expression for patients living with acute or chronic illness this volume provides a complete practical introduction to medical art therapy It presents evidence based strategies for helping people of all ages from young children to older adults cope with physical and cognitive symptoms reduce stress and improve their quality of life The book includes detailed case material and 110 illustrations It describes ways to work with individuals and groups with specific health conditions and challenges as well as their family members Contributors are experienced art therapists who combine essential knowledge with in depth clinical guidance This e book edition features 87

full color illustrations Illustrations will appear in black and white on black and white e readers *Shambhala Sun* ,2003

**The Tablet** ,2004 The international Catholic weekly **Sacred Space** Jesuit Communication Centre Ireland,2006-10 liturgical year both present a time to quietly connect with God and a space to be spiritually nourished healed challenged and transformed Inaugurated in 1999 by Alan McGuckian S J and Peter Scally S J of the Jesuit Communication Centre in Ireland the site has logged over seventeen million visits Each week Sacred Space presents readers with a new spiritually based theme The Six Stages of Prayer guide readers in reflecting upon the Weekly Theme Daily Readings point readers to Scripture for deeper reflection *Principles of Counseling and Psychotherapy* Gerald J. Mozdzierz,Paul R. Peluso,Joseph Lisiecki,2009-03-24 This text presents a novel approach to teaching and learning the fundamental skills and techniques of counseling and psychotherapy based on a non linear process of thinking that more accurately reflects the reality of mental health practice At the core of this text lies the idea that to best prepare students for practice with real clients they have to learn how to think in a new way the way that research has shown the most effective practitioners think The result is a paradigm shift in how to teach and learn basic counseling skills which separates this text from the competition and brings training up to speed with current practice

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