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Riding the Dragon: 10 Lessons for Inner Strength in Challenging Times

By Robert J Wicks

Sorin Books, U.S. Paperback. Book Condition: new. BRAND NEW, Riding the Dragon: 10 Lessons for Inner Strength in Challenging Times, Robert J Wicks, This book is now available in paperback. While many of us may seek traditional therapy to help us deal with life's difficulties, Zen, according to David Brazier's "Zen Therapy", offers an alternative - dragon-riding lessons. Psychologist and best selling author Robert Wicks is a specialist in the field of secondary stress and counsels people who help others - psychologists, doctors, nurses, and ministers. In "Riding the Dragon", Wicks offers dragon riding lessons, drawing upon both Eastern and Western traditions. In this warm, compassionate, and highly personal guidebooks, Wicks offers encouragement and 10 lessons to help people engage their problems and grow through them. The 10 lessons include: prune carefully and often; recognize your renewal zones; catch the slide; seek hidden possibilities; engage the darkness; pair clarity and kindness; find love in small deeds; seek perspective daily; build a barrier of simplicity; and come home more often. Wicks has shown a generation the links between psychology and spirituality, working from the perspective that difficult times can offer striking moments of grace.



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