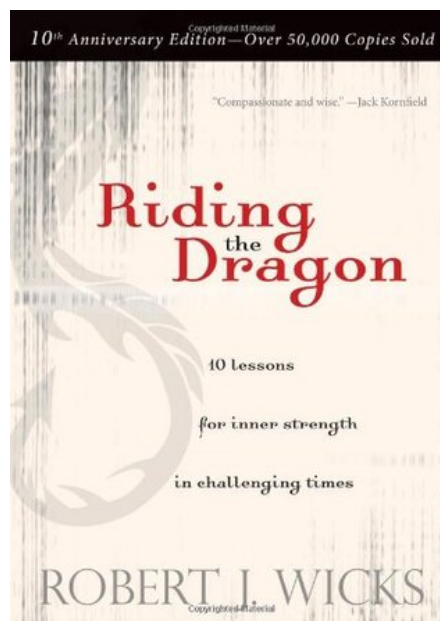




Riding the Dragon: 10 Lessons for Inner Strength in Challenging Times

Robert J. Wicks

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Riding the Dragon: 10 Lessons for Inner Strength in Challenging Times Robert J. Wicks
Don't slay your dragons, learn to ride them!

Drawing on Eastern and Western traditions, psychologist and best-selling author Robert Wicks offers help with life's difficulties the dragons that escape from the cave. In this book you'll find guidance and encouragement to engage your problems and grow through them, to ride those dragons rather than slay them or drive them back into the cave.

Lesson 1: Prune Carefully...and Often!
Lesson 2: Recognize Your Renewal Zones
Lesson 3: Catch the Slide
Lesson 4: Seek Hidden Possibilities
Lesson 5: Engage the Spiritual Darkness
Lesson 6: Pair Clarity and Kindness
Lesson 7: Find Love in Small Deeds
Lesson 8: Seek Perspective Daily
Lesson 9: Build a Barrier of Simplicity
Lesson 10: Come Home Often
Epilogue: Be a Dangerous Listener

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

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From Reader Review Riding the Dragon: 10 Lessons for Inner Strength in Challenging Times for online ebook

Michelle says

This book changed my life.

Barb Kapinus says

Lots of food for thought in a slim book.

Alison says

Good read for people who work in the service of others...highlights the perils of secondary trauma; recognizing warning signs, and the importance of self-care. Another book affirming the value of meditation/quiet time/reflection. Good reinforcement if you are already on the path.

Suzanne says

This is a book I will read more than once.

Jo says

Good book for caregivers/people in helping professions. It's a small book that encourages readers to develop patterns in their lives, patterns of caring and having concern for others without adding their burdens to their own, a genuine compassion which is not spiritually depleting. In chapters on pruning carefully, recognizing your renewal zones, catching the slide, seeking hidden possibilities, engaging the darkness, pairing clarity and kindness, finding love in small deeds, seeking perspective daily, building a barrier of simplicity, and coming home more often, Wicks encourages us to see problems, hindrances, and spiritual darkness as a reset button. For those who've already had to learn this from life, it's a good reminder, which gives a few new insights I hadn't thought about before. There were many wonderful quotes in the book from teachers in both the Eastern and Western traditions, including Pema Chodren, Jack Kornfield, David Brazier, Sogyal Rinpoche, Henri Nouwen, Thomas Merton, Anne Lamott, and Mother Teresa.

The Chapter Titles:

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
Come home more often

Douglas Lord says

Wicks (pastoral counseling, Loyola Coll.; Everyday Simplicity: A Practical Guide to Spiritual Growth) offers effective methods and lessons to help readers "ride the dragon"--Zen shorthand for feeling one's feelings, including the uncomfortable ones. He challenges his audience to "listen to and take advantage of...periods of imbalance" and to grow and learn from painful experiences through ten lessons, e.g., "Pair clarity and kindness." Detailed and well thought out, this book nicely blends both Eastern and Western wisdom--think Don Miguel Ruiz's Toltec-themed The Four Agreements done Zen-style. Recommended for medium to large public libraries and, as Wicks specializes in secondary stress (the pressure that results from reaching out to others in need), for collections serving the helping professions. Find reviews of books for men at Books for Dudes, Books for Dudes, the online reader's advisory column for men from Library Journal. Copyright Library Journal.

Shauna Viele says

This is a book to be savored and pondered over. Not a quick read if you stop and truly absorb it.

Marguerite says

My late friend John gave me this, and it was so out of character for him to read something like this, much less share the lessons learned, that I had to read it. It's good advice, directed to those in healing professions and ministry, to spend time with oneself, take inventory and confront the problems we find -- ride the dragon. There's a good variety of secular, Buddhist and Christian wisdom, but Robert Wicks quoted himself so much that I got the impression that he was recycling his work to make a buck. I wouldn't turn to this book or author in time of need. I'll take Henri Nouwen, Thomas Merton, Anne Lamott, Wilkie Au or Sue Monk Kidd. I think it might have been the first book to which John responded, and that was why he was so eager to share.

Tim Gannon says

Kevin, a friend of mine had attended this author's workshop on burn out and enjoyed it. This led to his suggestion that I may enjoy this book which touches on that topic. It was nice. The author appears to be well-read and offers many books for further reading. The author's background is in pastoral counseling. He focuses on the prevention of stress and integrating psychology and spirituality. Like most such books, it gets down to you making a commitment to meditate daily and trying to distance ourselves to a certain extent from the chaos around us.

Joe says

I had the pleasure to hear the author of this book speak at the Catholic Campus Center in Honolulu Hawaii, when he visited there. He is a very engaging speaker, and addressed a general audience which extended beyond the ken of health care providers. He delivered many of the enduring truths, and it was nice to be able to say he had "the Catholic perspective" since he teaches at a Jesuit University in Baltimore.

And so, this book. Not his first. readable and entertaining. I guess it's in the self-help genre, like the Chicken Soup books. The stories are chosen to impart a calm sense of focus. the ten lessons - take care of your self, make use of reflection - are nothing really new, but it's the way they are presented.

He also wrote a book about Overcoming Secondary Stress among health care professionals.... I spoke to him after the talk he gave, and later his office mailed me (free) the other book, which had a bit more meat in it addressing issues of PTSD among nurses and doctors.

Annette says

This is a nice little book. It would be of comfort at certain 'down' times of life. Author Robert J. Wicks takes his thoughts as a psychoanalyst, mixes them with some Buddhist ideas and adds some homey little stories. It is an easy read and lovely in its own way.

Mike says

More for mental health for the mental health professionals. Insightful.

Kay Baird says

Wonderfully useful in dealing with my own dragons. Wicks testifies to his own inner work with clarity and honesty, relates just the right teachings from others, and distills guidelines full of compassion and courage. His language is God-oriented, but not proselytizing. I felt engaged by him, able to keep asking "how can I translate this to my language?"

Grace Marie says

Wonderful insights on the importance of taking care of one's inner self.
