

Riding The Dragon 10 Lessons For Inner Strength In Challenging Times

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Bounce Robert J. Wicks 2009-09-24 Stress is a fact of modern life. And as more and more people face greater financial insecurity, longer work hours, and the increasingly complex personal and social demands of our fast-paced, multi-tasking, high-tech lifestyle, finding healthy ways to handle stress is more important than ever. In *Bounce: Living the Resilient Life*, Robert Wicks shows you not just how to manage stress, but how to transform stressful situations into opportunities to live a more meaningful, self-aware, and compassionate life. Wicks makes available to everyone techniques he has used for over 30 years in helping physicians, nurses, psychotherapists, educators, social workers, ministers, and relief workers not only survive but flourish in highly stressful occupations. You'll learn a wide range of methods--normally reserved for those in helping and healing professions--to help you bounce back from stress and live life to the fullest. *Bounce* shows you how to:

- Recognize the insidious nature of

- denial and avoidance as responses to stress ·
- Employ psychologically powerful approaches to self-awareness ·
- Improve self-talk through the use of cognitive behavioral principles ·
- Apply daily-debriefing techniques ·
- Utilize a structured reflection guide to uncover areas that require special attention ·
- Incorporate silence, solitude, and mindfulness into daily life ·
- Stop the drain of valuable emotional energy caused by toxic life situations and unexamined attitudes and beliefs ·
- And much more

Most important, *Bounce* helps you develop your own self-care protocol and personal renewal program, based on an honest assessment of your needs, life situation, and habitual ways of dealing--or failing to deal--with stress. Insightful, practical, and filled with wise guidance, *Bounce* shows us all how to live with greater resilience in a world that grows more stressful by the day.

Wounded Children, Healing Homes Jayne Schooler 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.

The Inner Life of the Counselor Robert J. Wicks 2012-07-26 One of the greatest gifts helping professionals can share with others is a sense of their own peace. However, retaining and renewing a sense of a healthy perspective requires not only self-care strategies, but also an awareness of basic profound, yet simple, wisdom themes. *The Inner Life of the Counselor* presents classic and contemporary wisdom that examines and explores each of these themes in a way that both professional and non-professional helpers

will find revealing and meaningful in understanding their own journey. Informed by the author's over thirty years of experience as a therapist, mentor, and clinical supervisor of professional helpers?as well as by his expertise in resiliency and prevention of secondary stress?The Inner Life of the Counselor thoughtfully looks at those elements that encourage sustained personal growth and professional development, such as self-care, stress management, and mindfulness. Lively, practical, and marked by an elegant sense of simplicity, this nurturing book demonstrates how exploring the inner life can lead counselors to new wisdom and inner peace?not only for themselves but also for those who come to them for relief and insight. It is an invitation to pause, reflect, renew, and navigate one of contemporary society's most challenging yet rewarding professions.

Where the Mountain Meets the Moon (Newbery Honor Book) Grace Lin 2009-07-01

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A Time Magazine 100 Best Fantasy Books of All Time selection! A Reader's Digest Best Children's Book of All Time! This stunning fantasy inspired by Chinese folklore is a companion novel to *Starry River of the Sky* and the New York Times bestselling and National Book Award finalist *When the Sea Turned to Silver*. In the valley of Fruitless mountain, a young girl named Minli lives in a ramshackle hut with her parents. In the evenings, her father regales her with old folktales of the Jade Dragon and the Old Man on the Moon, who knows the answers to all of life's questions. Inspired by these stories, Minli sets off on an extraordinary journey to find the Old Man on the Moon to ask him how she can change her family's fortune. She encounters an assorted cast of characters and magical creatures along the way, including a dragon who accompanies her on her quest for the ultimate answer. Grace Lin, author of the beloved *Year of the Dog* and *Year of the Rat* returns with a wondrous story of adventure,

faith, and friendship. A fantasy crossed with Chinese folklore, *Where the Mountain Meets the Moon* is a timeless story reminiscent of *The Wizard of Oz* and Kelly Barnhill's *The Girl Who Drank the Moon*. Her beautiful illustrations, printed in full-color, accompany the text throughout. Once again, she has created a charming, engaging book for young readers.

Sharing Wisdom Robert J. Wicks 2000
Mentoring has long been a treasured way people have shared their wisdom with others. Ideal for everyone from families to church groups, "Sharing Wisdom" offers a simple, step-by-step approach to everyday mentoring. It's filled with stories, easy-to-learn skills, and prudent helpful cautions.

Soul-Centered Jim Clarke 2015-03-03
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.

After 50 Robert J. Wicks 1997 In three sections that brim with hopefulness--"Praying", "Caring", and "nurturing"--Robert Wicks offers his readers past the age of 50 a gentle prod to discover the riches of this holy time of life. His invitation is to embrace the "wisdom years."

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."

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.

Sophie's World Jostein Gaarder 2007-03-20 One day Sophie comes home from school to find two questions in her mail: "Who are you?" and "Where does the world come from?" Before she knows it she is enrolled in a correspondence course with a mysterious philosopher. Thus begins Jostein Gaarder's unique novel, which is not only a mystery, but also a complete and entertaining history of philosophy.

Bounce Robert J. Wicks 2009-09-24 Stress is a fact of modern life. And as more and more people face greater financial insecurity, longer work hours, and the increasingly complex personal and social demands of our fast-paced, multi-tasking, high-tech lifestyle, finding healthy ways to handle stress is more important than ever. In *Bounce: Living the Resilient Life*, Robert Wicks shows you not just how to manage stress, but how to transform stressful situations into opportunities to live a more meaningful, self-aware, and compassionate life. Wicks makes available to everyone techniques he has used for

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And much more Most important, *Bounce* helps you develop your own self-care protocol and personal renewal program, based on an honest

assessment of your needs, life situation, and habitual ways of dealing--or failing to deal--with stress. Insightful, practical, and filled with wise guidance, Bounce shows us all how to live with greater resilience in a world that grows more stressful by the day.

The Resilient Clinician Robert J. Wicks 2008
Introduction: Continually Creating New Inner Psychological Space. An Ongoing Process of Mindfulness. 1. Sensing the Dangers: Chronic and Acute Secondary Stress. 2. Enhancing Resiliency: Strengthening One's Own Self-Care Protocol. 3. Replenishing the Self: Solitude, Silence...and Mindfulness. 4. Daily Debriefing: Mindfulness and Positive Psychology as an Integral Part of the Clinician's Ongoing Reflective Process. Epilogue: Clinician. Clinician: An Honorable Profession, a Meaningful Life. References. Appendices. 1-1. Causes for Burnout. 1-2. Daily Burnout: A Sampling of Key Signs and Symptoms.
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.

The Art of Being Human Michael Wesch 2018-08-07 Anthropology is the study of all humans in all times in all places. But it is so much more than that. "Anthropology requires strength, valor, and courage," Nancy Scheper-Hughes noted. "Pierre Bourdieu called anthropology a combat sport, an extreme sport as well as a tough and rigorous discipline. ... It teaches students not to be afraid of getting one's hands dirty, to get down in the dirt, and to commit yourself, body and mind. Susan Sontag called anthropology a "heroic" profession." What is the payoff for this heroic journey? You will

find ideas that can carry you across rivers of doubt and over mountains of fear to find the light and life of places forgotten. Real anthropology cannot be contained in a book. You have to go out and feel the world's jagged edges, wipe its dust from your brow, and at times, leave your blood in its soil. In this unique book, Dr. Michael Wesch shares many of his own adventures of being an anthropologist and what the science of human beings can tell us about the art of being human. This special first draft edition is a loose framework for more and more complete future chapters and writings. It serves as a companion to anth101.com, a free and open resource for instructors of cultural anthropology. This 2018 text is a revision of the "first draft edition" from 2017 and includes 7 new chapters.

Everyday Simplicity Robert J. Wicks 2000
Everybody talks spirituality. Here's how you can do something real and practical about achieving it.

[Principles of Counseling and Psychotherapy](#)

Gerald J. Mozdierz 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.

[The Simple Care of a Hopeful Heart](#) Robert J. Wicks 2021 "I remember encountering a young colleague who came in to discuss a psychotherapy patient she was treating. She looked fatigued and almost sad, so I said to her, "Before we get into the case you wanted to discuss, how are you doing? You look drained."

In return, she got teary, and said in a quiet, hoarse voice, "I think my soul is tired." In response, I smiled slightly, leaned back and said, "Well, we can't have that, can we. Why not tell me what has been going on over the past weeks or months that strike you as particularly draining since are normally quite positive and filled with great spirits."--

Living a Gentle, Passionate Life Robert J.

Wicks 2000 Stories, ideas and truths that show how to nourish the human spirit--our own and that of those we meet along life's journey.

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.

We Ride the Storm Devin Madson 2020-01-28

"A complex tale of war, politics, and lust for power." —The Guardian War built the Kisian Empire. War will tear it down. Seventeen years after rebels stormed the streets, factions divide Kisia. Only the firm hand of the god-emperor holds the empire together. But when an unexpected betrayal destroys a tense alliance with neighboring Chiltae, all that has been won comes crashing down. In Kisia, Princess Miko Ts'ai is a prisoner in her own castle. She dreams of claiming her empire, but the path to power could rip it, and her family, asunder. In Chiltae,

assassin Cassandra Marius is plagued by the voices of the dead. Desperate, she accepts a contract that promises to reward her with a cure if she helps an empire fall. And on the border between nations, Captain Rah e'Torin and his warriors are exiles forced to fight in a foreign war or die. As an empire dies, three warriors will rise. They will have to ride the storm or drown in its blood. *We Ride the Storm* is the epic launch of a bold and brutal fantasy series, perfect for readers of Mark Lawrence, John Gwynne, and Brian Staveley. Praise for *The Reborn Empire*: "An exciting new author in fantasy." —Mark Lawrence, author of *Red Sister* "Imaginative worldbuilding, a pace that builds perfectly to a heart-pounding finale and captivating characters. Highly recommended." —John Gwynne, author of *The Shadow of the Gods* *The Reborn Empire* *We Ride the Storm* *We Lie with Death* *We Cry for Blood* *We Dream of Gods* For more from Devin Madson, check out: *The Vengeance Trilogy* *The Blood of Whisperers* *The*

Gods of Vice *The Grave at Storm's End* [Night Call](#) Robert J. Wicks 2018 Caring for our family members, friends, and others is a central part of a rewarding life. For those in healing and helping professions such as medicine, nursing, education, psychotherapy, social work, ministry, and the military, the potential for a meaningful way of being may even become more possible. But, compassion is not easy. At times, concern for others can be personally devastating when we don't possess the right attitude and approach. Reaching out (and reflectively within) without being pulled down requires the wisdom that only arises out of the right combination of humility and knowledge. *Night Call* offers the stories and principles gleaned over many years of writing and mentoring for those in the helping and healing professions. The stories are offered in ways that foster compassionate caring while encouraging initiative in those who seek to personally deepen and share their lives with others -- especially in times of significant need.

With this in mind, Dr. Wicks presents information on: - being a healing presence - mining fruits of the failures all of us must experience at times - the need to enjoy the daily crumbs of alonetime - the importance of a spirit of unlearning - developing a simple realistic self-care program - valuing informal or formal mentoring - recognizing the 3 calls to which we must respond to as we psychologically develop - honoring life's most elusive psychological virtue (humility) Purposely brief, the chapters, as well as the sections in the personal resiliency retreat section at the end of the book, have as their goal a reconsideration of values, signature strengths, and simple approaches to living a resilient, rewarding life. Rather than presenting new breakthroughs, Night Call is designed to dust off what most of us already know, at some level, so we can freshly view the key approaches and techniques that provide increased psychological self-awareness and a potentially healthier sense of presence to others. The themes offered may

have been forgotten, or become undervalued/set aside because of some of society's dysfunctional norms or unhelpful family influences. In response, this simple, countercultural book combines the value of essential self-compassion with caring for others in ways that provide the impetus for further exploration of a fuller narrative for both the readers of this work and unforeseen opportunities as well for those who are fortunate enough to cross their paths.

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).

Seeds of Sensitivity Robert J. Wicks 1995
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.

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

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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.

Quiet Dangers Wicks, Robert J. 2023-06-14

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?"

Robin Sharma Pack (8 Volume Set) Robin Sharma 2019-08-26 THE ROBIN SHARMA LIBRARY FOR LEGENDS [AND EVERYDAY HEROES] Includes 8 international bestsellers New Collector's Edition has all of Robin

Sharma's bestselling titles in one pack. Includes FREE The Monk Who Sold His Ferrari audiobook read by the author. Volume 1 - The 5 am Club Volume 2 - The Monk Who Sold His Ferrari (With free audiobook) Volume 3 - Discover Your Destiny Volume 4 - Family Wisdom Volume 5 - Who Will Cry When You Die? Volume 6 - The Greatness Guide Volume 7 - The Mastery Manual Volume 8 - The Leader Who Had No Title ROBIN SHARMA is a globally respected humanitarian. Widely considered one of the world's top leadership and personal optimization advisors, his clients include famed billionaires, professional sports superstars and many Fortune 100 companies. The author's #1 bestsellers, such as The Monk Who Sold His Ferrari, The Greatness Guide and The Leader Who Had No Title are in over 92 languages, making him one of the most broadly read writers alive today. Go to robinsharma.com for more inspiration + valuable resources to upgrade your life "Robin Sharma's Following Rivals that of the Dalai

Lama." The Times of India "Global Humanitarian." CNN "Leadership Legend." Forbes

Perspective Robert J. Wicks 2014-04 Draws on classic wisdom, research in cognitive behavioral therapy, and positive psychology and offers advice for overcoming doubt and resistance to openness.

Let's Look Together Wicks, Robert J. 2023-03-02

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 Simple Care of a Hopeful Heart Robert J. Wicks 2022 "I remember encountering a young

colleague who came in to discuss a psychotherapy patient she was treating. She looked fatigued and almost sad, so I said to her, "Before we get into the case you wanted to discuss, how are you doing? You look drained." In return, she got teary, and said in a quiet, hoarse voice, "I think my soul is tired." In response, I smiled slightly, leaned back and said, "Well, we can't have that, can we. Why not tell me what has been going on over the past weeks or months that strike you as particularly draining since are normally quite positive and filled with great spirits."--

Touching the Holy Robert J. Wicks 2007-03-01 This repackaged edition of Dr. Robert J. Wicks's most popular book will revitalize his message of ordinariness, self-esteem, and friendship for a new generation of spiritual seekers. Infusing the wisdom of ancient and contemporary Christians with his own vast experience as a parent, teacher, and counselor, Dr. Wicks demonstrates that the simplicity and openness of truly

ordinary people is a meeting place with God. Dr. Wicks's wise guidance includes descriptions of the four types of friends we need for the spiritual journey, principles of self-respect, checklists on openness and listening, skills for stress management, and much more.

The Tao of Ordinairiness Robert J. Wicks
2019-09-02 This book is an invitation to come home to your authentic self in a world that is frequently mesmerized by "spin," narcissism, fantasy, and exhibitionism. Psychology and classic wisdom literature have, in various ways, long recognized the value for simply becoming who you are (i.e., ordinairiness). However, this call is becoming increasingly drowned out by the many other voices that emphasize publicity and image-making over authenticity and humility. Renowned therapist and author Robert Wicks has written *The Tao of Ordinairiness* as a way of beginning to address these tendencies in contemporary society. In this new countercultural work, the strength and joy of

exploring who you are - and proceeding to share yourself with others in a way that they too can reclaim themselves - is revisited from a range of vantage points. The author specifically reexamines themes of humility, simplicity, letting go, self-awareness, "alonetime," resilience, and mentoring. In an era when people increasingly measure self-worth by external measures, such as the number of likes and views and followers on social media feeds (which have many individuals chasing impossible fantasies and living with a constant fear of "missing out"), Wicks offers a return to your authentic self. *Snow Falling on Snow* Robert J. Wicks 2001 Wicks's spirituality of gentleness has touched hearts and changed the lives of countless readers. Taken from five of his best works, this compilation shows how his thought on each subject has developed and ripened over time. This best-of collection of brief reflections includes many poems from Wicks that have never been published.

Overcoming Secondary Stress in Medical and Nursing Practice Robert J. Wicks 2021 "Against the backdrop of the COVID-19 pandemic, the second edition of *Overcoming Secondary Stress in Medical and Nursing Practice* explores the phenomenon of secondary stress experienced by clinicians on the frontlines of care. The book integrates concepts, assessment tools and self-care insights from the first edition with new concepts, evidence, strategies, and vignettes from the field concerning secondary stress experienced specifically by physicians, physician assistants and nurses. The findings and efforts of medical and nursing professional organizations to address and ameliorate endemic secondary stress are explored. Strategies for identifying, reframing, and intervening in stressful problems of practice, including wicked problems are also addressed. Tools for enhancing self-knowledge and developing a personal, self-care protocol to recognize and prevent secondary stress are the book's core feature. This book highlights the

importance of interprofessional communication and support in ameliorating the stressors of clinical work, an effort enhanced by the book's interdisciplinary co-authorship. The extreme stressors of the COVID-19 pandemic on health care practitioners and the health care system illustrate the interconnectedness of health-enhancing personal self-care strategies, quality patient care, and renewed career commitment - the goal of this second edition"--

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.

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* Jan Weeks 2004-03-01 Based on the success of Sparklers, Giggles is a new series of chapter books with even funnier storylines and appealing full-colour illustrations. Each book

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allows your pupils to experience reading success as they gain the skills they need to become confident, eager readers.

Prayerfulness Robert J. Wicks 2009-09-01 Now in paperback, *Prayerfulness*, by Robert J. Wicks--therapist, speaker, and bestselling author of *Riding the Dragon*--examines what it means to live fully in the present moment, with eyes wide open to life and to God. Blending insights from Christian contemplation and Buddhist mindfulness, Robert J. Wicks offers a brilliant guide to cultivating a receptive and reflective attitude to life. A rich array of insights--including seven practical steps, a thirty-day at-home retreat, and a "spiritual mindfulness questionnaire"--helps readers develop a loving, clear, and balanced outlook. Drawing from classic and contemporary spiritual writing, Wicks explores seven steps to growth in prayerfulness, including creating simple rituals, honoring life's fragility, facing difficulties directly, and befriending anger. Thirty days of

reflections, quotations, and questions also guide readers to form or strengthen a practice of daily prayer. A special feature is the innovative spiritual mindfulness questionnaire, a set of thirty open-ended questions that lead to a clearer sense of how present one is to daily life. Filled with practical wisdom and rooted in sound psychological principles, *Prayerfulness* is a clear and simple manual to living fully in the present moment.

The Space We're In Katya Balen 2019-10-08 Ten-year-old Frank has trouble navigating his relationship with his younger brother Max who is autistic. Frank loves soccer, codes, riding his bike, and playing with his friends. His brother Max is five. Max only eats foods that are beige or white, hates baths, and if he has to wear a t-shirt that isn't gray with yellow stripes he melts down down down. Frank longs for the brother he was promised by his parents before Max was born--someone who was supposed to be his biggest fan, so he could be the best brother in

the world. Instead, Frank has trouble navigating Max's behavior and their relationship. But when tragedy strikes, Frank finds a way to try and repair their fractured family and in doing so learns to love Max for who he is. In her debut novel, Katya Balen uses her knowledge of autism and experience working with autistic people to create an intriguing and intense yet always respectful family story. For readers of *Counting by 7s* and *The Curious Incident of the Dog in the Nighttime*. A Junior Library Guild Selection! A Bank Street Best Book of the Year

Riding The Dragon 10 Lessons For Inner Strength In Challenging Times ebook download or read online. In today digital age, eBooks have become a staple for both leisure and learning. The convenience of accessing Riding The Dragon 10 Lessons For Inner Strength In Challenging Times and various genres has transformed the

way we consume literature. Whether you are a voracious reader or a knowledge seeker, read Riding The Dragon 10 Lessons For Inner Strength In Challenging Times or finding the best eBook that aligns with your interests and needs is crucial. This article delves into the art of finding the perfect eBook and explores the platforms and strategies to ensure an enriching reading experience.

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