



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

Robert J. Wicks

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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

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