



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

Robert J. Wicks

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With over 50,000 copies sold, *Riding the Dragon: 10 Lessons for Inner Strength in Challenging Times* has for a decade made itself an indispensable spiritual and psychological guide to readers experiencing seasons of adversity. This anniversary edition includes a new introduction from the author with personal reflections and fresh perspective on today's challenges.

"Don't try to slay your dragons, learn to ride them!" Drawing on Eastern and Western traditions, psychologist Robert Wicks emboldens readers to face life's difficulties—the "dragons" that escape from the cave. Readers will find guidance and encouragement to engage problems as a means to growth and transformation, to ride their dragons rather than slay them or drive them back into their cave. Wicks fashions ten simple lessons on identifying and confronting the everyday dragons readers meet: from engaging darkness to finding simplicity to keeping perspective.

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