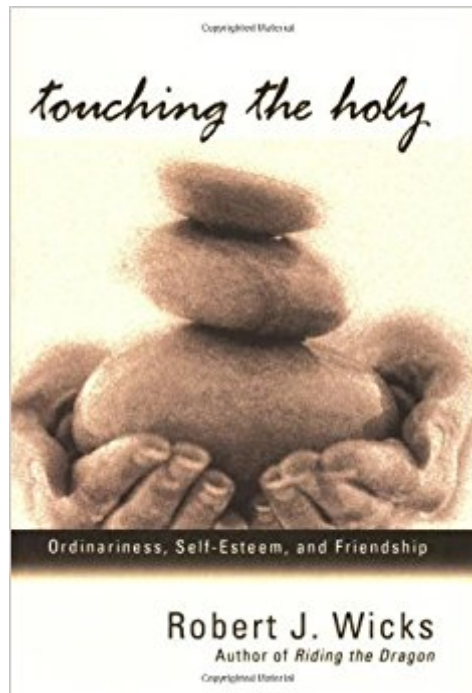




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# Touching The Holy: Ordinariness, Self Esteem, And Friendship



## Synopsis

This repackaged edition of noted psychologist Robert J. Wicks's most popular book encourages readers to share and receive that sacred presence more openly, especially through the gift of friendship. The book's enduring popularity is due in part to its practicality: principles of self-respect, skills for stress management, and more. Also includes a new introduction by Wicks.

## Book Information

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## Customer Reviews

"I highly recommend this book for anyone who desires greater clarity about their goodness and the value of healthy relationships." --Joyce Rupp, Author of *Open the Door*

Robert J. Wicks, who received his doctorate in psychology from Hahnemann Medical College, is professor emeritus at Loyola University Maryland. Dr. Wicks has taught in universities and professional schools of psychology, medicine, social work, nursing, and theology. Wicks was responsible for the psychological debriefing of relief workers following the Rwandan civil war and also worked with relief teams in Cambodia. Additionally, he delivered presentations at Walter Reed Army Hospital to health care professionals involved in caring for Iraqi war veterans with amputations and severe head injuries. He has authored over forty books, including *Riding the Dragon* and *Crossing the Desert*. Visit Wicks online at [robertjwicks.com](http://robertjwicks.com).

There is nothing that we could do that would make God love us any more than God does right now. We don't hear that enough. Robert Wicks reminds us of our holiness in our ordinariness. It's what

God works best with. It's what God needs for us to be so God can introduce God's self to others through us. Wicks will reacquaint the reader with their goodness and the goodness of others simply by acknowledging that being human is "holy enough". He also challenges the reader to take an honest look at the different dimensions of friendship, helping the reader identify what is a healthy relationship and what may not be for now.

I heard Robert Wicks talk about this book in one of his workshops. It follows him very closely. I got this for a friend and she loved it.

Excellent.

Spoke to me as I study myself deeper.

The book TOUCHING THE HOLY: ORDINARINESS, SELF-ESTEEM, and FRIENDSHIP was my first introduction to the writings of Robert Wicks. People had commented to me about his wonderful insights and that the book was written in a manner that was both inviting and engaging so I decided I'd read it while on retreat. It turned out the week was snowy, the retreat house had a fireplace roaring most evenings, and I had the pleasure of spending some time in front of the fireplace reading this wonderful book. Wicks focuses on three areas as the subtitle suggests. First, he focuses on our call as followers of Christ to ordinariness. Ordinariness for Wicks is not anonymity, weakness, or an encouragement to allow people to take advantage of a person. It is more of an invitation to simply be the people we were created to be. While it may sound as if he is challenging people to be less, his words are an encouragement to be pleased with who we truly are and not to strive to be what we are not meant to be. He quotes all sorts of well known names to base his theory. Some of the names include Thomas Merton, Robert Coles who speaks about his encounter with Dorothy Day, e.e. cummings, Henry Nouwen, and C.S. Lewis. His call to ordinariness reflects his training in both theology and psychology. He then looks at the call of ordinariness from the ancient writings of the Desert Fathers of the early Church and modern psychological beliefs about the true self/false self. While Wicks presents this material in an original manner, it is the final section of the book, that on friendship which for me was the book's greatest strength. This is where he first introduces his theory of the four types of friends: cheerleader, harasser, prophet, and soul guide and how our friends help us understand God's love and how we come to understand God's love through friendship. He then expands on this idea in a book he co-authored with Robert Hamma CIRCLE OF

FRIENDS. This is the kind of book that can be read either in a sitting or two or in small portions as material for prayer and reflection. My guess is that readers will discover a book with much to offer. For me it has become a favorite and I return to it again and again. As a matter of fact, it is after returning to it again that I decided to write this review.

There is nothing that we could do that would make God love us any more than God does right now. We don't hear that enough. Robert Wicks reminds us of our holiness in our ordinariness. It's what God works best with. It's what God needs for us to be so God can introduce God's self to others through us. Wicks will reacquaint the reader with their goodness and the goodness of others simply by acknowledging that being human is "holy enough". He also challenges the reader to take an honest look at the different dimensions of friendship, helping the reader identify what is a healthy relationship and what may not be for now.

This is one of my favorite spiritual books dealing with self esteem or any spiritual topic! Robert Wicks writes inspirationally and beautifully!

The cover shows the strength and support that is present in this book. Robert Wicks writes from a love of his faith and of humanity. He constantly sees and shares the goodness inside every human being.

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Children's picture book for ages 3-9 (Mom's Fairy Tales Series 1) Self Love: F\*cking Love Your Self  
Raise Your Self Raise Your Self-Confidence (Self Compassion,Love Yourself,Affirmations Book 3)  
Indigo Ocean Dreams: 4 Children's Stories Designed to Decrease Stress, Anger and Anxiety while  
Increasing Self-Esteem and Self-Awareness Indigo Dreams (3 CD Set): Children's Bedtime Stories  
Designed to Decrease Stress, Anger and Anxiety while Increasing Self-Esteem and Self-Awareness  
Indigo Teen Dreams: 2 CD Set Designed to Decrease Stress, Anger, Anxiety while Increasing  
Self-Esteem and Self-Awareness (Indigo Dreams) The Anger Workbook for Women: How to Keep  
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(New Harbinger Self-Help Workbook) Empty Your Cup: Why We Have Low Self-Esteem and How  
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Cognitive Therapy Guide to Overcoming Self-Doubt and Creating Unshakable Self-Esteem (The  
Instant Help Solutions Series) Boundaries : The Power Of NO (Codependency, Social Anxiety,  
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Powerful Thinking, Powerful Life: 9 Powerful Ways for Self-Improvement,Increasing Self-Esteem,&  
Gaining Positive Energy,Motivation,Forgiveness,Happiness ... Happiness, Change Your Life Book  
1) Confidence: Gorilla Confidence - Simple Habits To Unleash Your Natural Inner Confidence (Self  
Esteem, Charisma, Personal Magnetism & Self Confidence) NAVY SEAL: Self Discipline: How to  
Become the Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental Toughness  
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