



The Inner Life of the Counselor

Robert J. Wicks

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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.

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Joseph Ortiz:

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David Wood:

A lot of people always spent their own free time to vacation as well as go to the outside with them friends and family or their friend. Do you know? Many a lot of people spent these people free time just watching TV, or perhaps playing video games all day long. If you want to try to find a new activity that's look different you can read some sort of book. It is really fun for you personally. If you enjoy the book that you simply read you can spent the entire day to reading a reserve. The book The Inner Life of the Counselor it is rather good to read. There are a lot of people who recommended this book. We were holding enjoying reading this book. If you did not have enough space to bring this book you can buy the actual e-book. You can m0ore easily to read this book from the smart phone. The price is not to cover but this book offers high quality.

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