



Availability
*The Challenge and the Gift
of Being Present*
By Robert J. Wicks

ISBN: 978-1-933495-91-0
160 pages • \$14.95
Spirituality/Personal Growth
Also available as an eBook

"Many will find this book helpful for spiritual reading."

DAVID STEINDL-RAST, O.S.B.
Author of *A Good Day*

BOOK ANNOUNCEMENT

To schedule media interviews, or to request images or review copies, contact:

Stephanie A. Sibal, Publicist
800.282.1865 x206 | sibal.1@nd.edu
Ave Maria Press, Inc., P.O. Box 428 Notre Dame, IN 46556
A Ministry of the United States Province of Holy Cross

THIRD EDITION OF *AVAILABILITY* INCLUDES NEW INTRODUCTION BY WICKS

NOTRE DAME, Ind.—For almost thirty years, *Availability* has been a trusted guide for Catholics to cultivate openness and learn how being present to God, self, and others can help the search for God's truth.

Drawing insights from his spiritual mentors, Henri Nouwen and Thomas Merton, Robert J. Wicks—who provides a new introduction for this edition—describes availability as a challenging but spiritually rewarding way to live a more balanced life.

In this simple, accessible book written in his characteristically warm and direct style, Wicks reveals how self-awareness, compassion for others, and prayer are interlinked with the journey of finding and living the truth.

Wick shows how entering into the joy and disorder of other people's lives provides the means to develop a deeper self-knowledge and a powerful encounter with Christ. Looking first at self-awareness, he offers brief chapters on forgiveness, clarity, and the uniqueness of each person. In part two, Wicks 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.

More than 20,000 copies were sold of the first two editions of *Availability*.

ABOUT THE AUTHOR

Popular Catholic author and speaker Robert J. Wicks has been helping people take greater stock of their lives for almost forty years. He is professor emeritus at Loyola University Maryland; has taught in universities and professional schools of psychology, medicine, nursing, theology, education, and social work; and has a consulting practice.



Wicks, a Queens, New York, native, received a master's degree in clinical psychology in 1973 from St. John's University and a doctorate in psychology from Philadelphia's Hahnemann Medical College and Hospital in 1977. In 1996, Pope John Paul II awarded Wicks a papal medal for his service to the Catholic Church. He received honorary doctorates from Caldwell College and Georgian Court University, and in 2006 the first Alumni Award for Excellence in Professional Psychology from Widener University. He is also the recipient of the Humanitarian of the Year Award from the American Counseling Association's Division on Spirituality, Ethics, and Religious Values in Counseling.

He has written more than fifty books, including *No Problem, Streams of Contentment*, and bestseller *Riding the Dragon*. Wicks and his wife, Michaele, have a grown daughter and live in West Chester, Pennsylvania.