



How to Be an Adult: A Handbook on Psychological and Spiritual Integration

David Richo

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Using the metaphor of the heroic journeydeparture, struggle and returnthe author shows readers the way to psychological and spiritual health.

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From Reader Review How to Be an Adult: A Handbook on Psychological and Spiritual Integration for online ebook

Colin says

I read this carefully over a few years even though it's a thin book. I wanted to mull over his writing. It served me well.

Claudia Loureiro says

This is an amazing book for helping to figure out issues remaining from not-having-the-best-childhood-ever and learning 100% of everything that you need to get through life. Even though I am well into my adult years, this book has been an absolute eye-opener to me in so many ways. It is written in a very concise manner, as the author states at the outset, and is extremely straightforward in approach. This book is about growth and it is filled with love, kindness and gentleness! I've invited a couple of friends to read it with me.

Julie says

This is the best, most concise book on psychological transformation. If you read this and get it and can embody it, you will jump up the learning curve of life. For the rest of us, it's a great companion to any personal growth work.

Terri Strange says

a lot of practical advice for learning how to take responsibility, give up victimhood, assert your desires and give up entitlement. good exercises for shadow integration work as well.

Moisés says

The first part of this book has made me know that I still keep using pacifier. It's a pretty short and compact book, but very dense. I'll need to read it again when the slaps I've got from it's first reading sediment in some way.

Elizabeth says

I didn't always like this book as I was reading it -- it was dry at times, and irritatingly "soothe your inner child" at others. That said, this book changed my life. I'm not sure I've ever seen so many fundamental truths spelled out in such accessible, straight-forward language. Many people seem to swing between the extremes

of needing too much and needing too little from other people; Richo seems to understand how to be an independent, self-actualized person while still receiving an appropriate level of support and care from others.

Aimee Barnes Pestano says

An accessible synopsis of the hero's journey and integration of the self. Richo combines wisdom from Buddhism and Catholicism as well as his decades of experience working as a psychotherapist and retreat leader to instruct on evolving from a neurotic ego to a healthy one. This book is a useful guide for people in recovery from substance use disorders, eating disorders or codependency, as well as mental health professionals and coaches working with clients who have chosen to embark on the hero's quest.

Sahar Pirmoradian says

The previous psychological book that I had read, "Staying OK", pointed me to be an adult. But I was not sure what it really means to be an adult and how I can be one. I searched and found this book. It is a great book that gives you indeed a concise definition of being an adult. It is concise because it offers you a list of points without going deep into each point or without giving examples to make the point clear. It is not a self-help book because it borrows a lot of jungian ideas without preparing you ahead. I would suggest this book to a person who is familiar with psychoanalysis concepts and looks for a concise definition of being an adult, or "individuation" in Jung's words.

Richard says

Very good - however, I can say this for sure: Richo only gets better!!! That is exciting for all of you who have started with this book. Keep reading - Richo is quickly becoming one of the primary motivators in my life. Richo inspires me to create new spins on classic phrases like, "Richo bless you" and, "I believe in Richo" and "Richo-damnit" Okay, the last one went to far, but I freaking LOVE Richo.

Cathy says

Great read!

I will definitely reference back to this book in the future. Very insightful and gives me a lot to think about.

Julien Law says

This book is a compilation of cliff notes highlighting basic Eastern philosophies. Yes, it will tell you what to do and how to be, steering you in a general direction, but it never delves any farther than that to give detailed instructions about how to do any of it. So overall, it is a summary of concepts invented by others and

transcribed into laymen's terms for the lazy American.

Leanne says

I like David Richo's teachings. That said, this particular book is like stumbling onto his notes for a class--very straight forward without stories, etc. In some ways I appreciated that, and in other ways, it was too dry for me to feel inspired.

Bill says

What impressed me most about this book is that Richo doesn't offer any kind of objective evidence to back up his statements; he just comes right out and says what he believes to be true about being a mature adult. He often makes bold statements in a very compelling (and sometimes provocative) way. I certainly didn't agree with all of it, but his confident and intelligent voice was compelling enough to make me want to stay with it. This is a literary self-help book. There are no quick fixes, and thankfully, it is devoid of the cutesy kind of humor, anecdotes, and exclamation points that plague many otherwise valuable books on how to be a better person.

I am curious to read some of Richo's other books; a quick glance at his other titles suggest that he goes into much more detail than he does here on any one topic. I was tempted to begin underlining many passages in 'How to Be An Adult', but I stopped myself because I realized that I'd be underlining over half of the book. I do plan to reread it again soon, and read his other books. I'm sure that part of my enthusiasm for the author is because I am a Catholic who has been immersing himself in Buddhist thought/practices for many years; Richo's work integrates Christian and Buddhist ideas into a Jungian archetypal framework.

Lee Ann says

I stumbled onto this book during a recent silent retreat. I found it very practical in helping me explore issues from my childhood/past that were affecting how I respond to events today and obscuring my true self. I liked it enough that I bought a second book of his.

J Crossley says

Being a Psychological Adult

I really got a lot out of this book. The authors take a number of psychological issues that arise during childhood and show how those issues should be handled as a well-adjusted adult. Along with the information are ways to work on what is holding you back so that you can heal your past.
