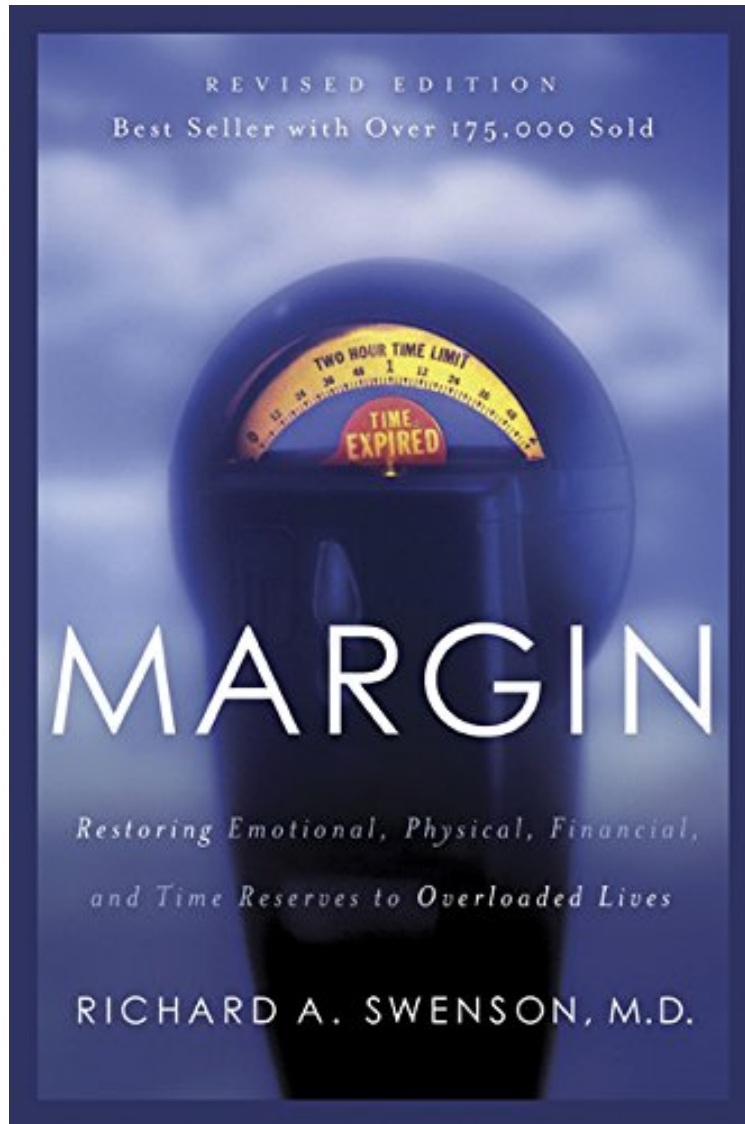


[Read free] Margin: Restoring Emotional, Physical, Financial, and Time Reserves to Overloaded Lives

Margin: Restoring Emotional, Physical, Financial, and Time Reserves to Overloaded Lives

Richard Swenson

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Richard Swenson : Margin: Restoring Emotional, Physical, Financial, and Time Reserves to Overloaded Lives before purchasing it in order to gage whether or not it would be worth my time, and all praised Margin: Restoring Emotional, Physical, Financial, and Time Reserves to Overloaded Lives:

4 of 4 people found the following review helpful. Good read, worthy informationBy Repentant CenturionOverall, this book is an easy to read discussion on the problems many people face in today's society. He makes it clear that regardless of personality, upbringing, or status, all people suffer from stress in life; it just may be different for each

person and have different symptoms in each. The author is very clear up front with his ideas of how "our faults demand a glaring prominence of their own" despite the perceived wonders of progress. Dr. Swenson appears to firmly believe that many of the stresses in our lives are self-inflicted by the desire for "material and cognitive status." He is also not afraid of directing the reader to the Christian understanding of what true wealth and power are as they emanate from God, not from our own feeble efforts. This is demonstrated well in quoting William Wilberforce's statement "Above all, measure your progress by your experience of the love of God and its exercise before men." Where Dr. Swenson really shines is his prescriptions for restoration of emotional energy, physical energy, time, and finances. Instead of providing the reader with a range of solutions only an academic could relate to, Dr. Swenson gives prescriptions that address our common problems and are easily implementable. Again, Dr. Swenson is not afraid to bring his Christian faith into the mix of solutions. He even goes to the point of humorously asking whether Jesus might have used a pocket calendar to illustrate how "God never intended for time to oppress us, dictating our every move." These Christian ideals also make their way through the author's discussions on the other aspects of emotional energy and finances. For example, in one of his stronger statements, the author emphasizes, "wealth is not a primary objective of the spiritual life." Although the book provides a wealth of information and warning on lack of margins and the benefits of having them in all aspects of our lives, there is little discussion of how these ideas can play out in a life of pastor or his work. This is not to say there are no connections to ministry as the concepts themselves would seem to be very applicable regardless of the situation; however, there does not seem to be a concerted effort to tie these concepts to areas in ministry. Further discussion would need to be had in connecting the many beneficial notions Dr. Swenson presents beyond the individual to a larger entity such as a church body or evangelistic ministry.

3 of 3 people found the following review helpful. a fantastic read for those who live by the tyranny of the urgent

By Andrew Christie

When someone asked you how you are, and your standard response is; busy, stressed, running, life is so full, running. If a loved one asks you for a coffee and you cannot squeeze them in for a week or two. If you are feeling like life is a roller coaster and you are not enjoying the ride. If you are so busy that you are missing out on the life that is happening right in front of you. If you look at your kids and wonder where did the time go, I had them for a few short years and now they are grown and gone and I feel like I missed it. This is the book for you. And excellent, informative and practical book to developing healthy margins in your life. But I haven't got time to read it! Make time;

0 of 0 people found the following review helpful. This is a most excellent book because it is an instruction for mastering the ...

By Michael L.

This is a most excellent book because it is an instruction for mastering the "false urgency" many of us have allowed to creep into our lives. Richard Swenson writes like a true sage - and offers a "treasure" to enjoy and to share...that is living a full and peace-filled life.

Margin is the space that once existed between ourselves and our limits. Today we use margin just to get by. This book is for anyone who yearns for relief from the pressure of overload. Reevaluate your priorities, determine the value of rest and simplicity in your life, and see where your identity really comes from. The benefits can be good health, financial stability, fulfilling relationships, and availability for God's purpose.

From the Back Cover

RX: FROM THE DESK OF RICHARD A. SWENSON, M.D. Overload is not having time to finish the book you're reading on stress. Margin is having time to read it twice. Overload is fatigue. Margin is energy. Overload is red ink. Margin is black ink. Overload is hurry. Margin is calm. Overload is anxiety. Margin is security. Overload is the disease of the 90's. Margin is the cure. Margin is the space that once existed between ourselves and our limits. It's something held in reserve for contingencies or unanticipated situations. Dr. Swenson provides a prescription against the danger of overloaded lives. Focusing on margin in four key areas- emotional energy, physical energy, time, and finances- he offers an overall picture of health that employs contentment, simplicity, balance, and rest.