

From Hectic To Healthy: The Journey To A Balanced Life - , Mary Jutila

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From the outside, Craig Jutila appeared to have the ultimate success in ministry but at home, it was another story. The principles in From Hectic to Healthy, which will become every leaders guide to work-life balance, are the hard-won result of Craigs brush with total burnout. Many pastors and other leaders buy the lie that they are just in a busy season, rather than living a hectic, unsustainable way of life that will lead eventually to burnout. But its never too late to move from hectic to healthy! Using Craig and Marys easy-to-remember acrostics, readers will identify the roots of their busyness, or SPIN, learn to STOP, then set a healthy PACE and continue to WALK. Author: Jutila, Craig Author: Jutila, Mary Publisher: Regal Illustration: N Language: ENG Title: From Hectic to Healthy: The Journey to a Balanced Life Pages: 00224 (Encrypted EPUB) On Sale: 2012-04-20 SKU-13/ISBN: 9780830762224 Category: Religion : Christian Life - Personal Growth

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