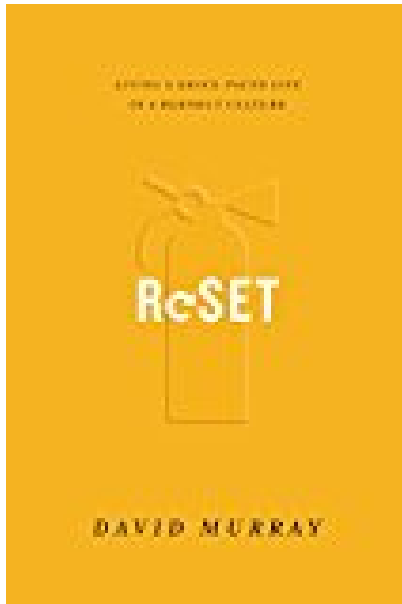


# Reset Living a Grace-Paced Life in a Burnout Culture

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## BOOK DETAILS

- Author : David Murray
- Pages : 208 Pages
- Publisher : Crossway
- Language : English
- ISBN : 1433555182

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## BOOK SYNOPSIS

"How did I get here?" These are the words of many Christian men on the brink of burnout or in the midst of breakdown. They are exhausted, depressed, anxious, stressed, and joyless. Their time is spent doing many good things, but their pace is unsustainable—lacking the rest, readjustment, and recalibration everyone needs on a regular basis. But there is good news: God has graciously provided a way for men to reset their lives at a more sustainable pace. Drawing on his own experiences—and time spent with other men who have also experienced burnout—pastor David Murray offers weary men hope for the future, helping them identify the warning signs of burnout and offering practical strategies for developing patterns that help them live a grace-paced life and reach the finish line with their joy intact.

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