



Restoring Margin to Overloaded Lives: A Workbook Based on Margin and The Overload Syndrome

Richard Swenson

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Are you lacking the time, money, physical or emotional energy to accomplish the tasks of a given week or month? Then you're headed for system failure. Whether you're facing burnout now or want to prevent it, these **11 lessons** can help you understand stress and limits, find balance and rest, and maintain priorities.

Includes discussion questions, helpful exercises, and quotes. Also available: *Margin* (ISBN 9781576836828) and *The Overload Syndrome* (ISBN 9781576831311)

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