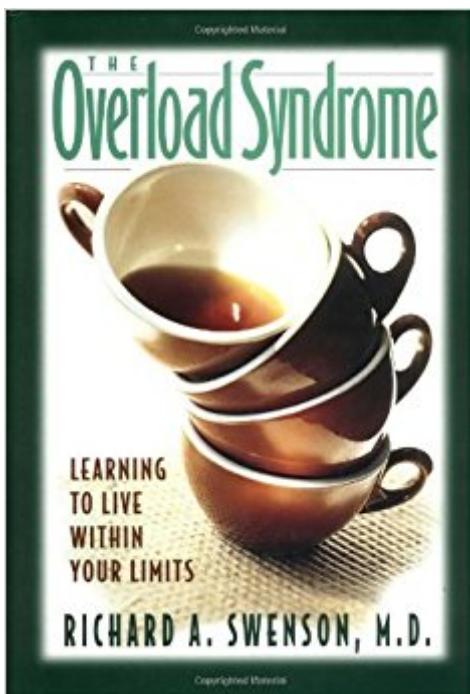


The book was found

# The Overload Syndrome: Learning To Live Within Your Limits



## **Synopsis**

Anyone living in today's society knows the struggle of trying to handle busyness. You feel tired, stressed, and burned out. These symptoms are signs that you're suffering from the Overload Syndrome. This book examines where overload comes from and what it can lead to while offering prescriptions to counteract its effects and restore time to rest and space to heal. Find the secrets of time management while examining your priorities and seeking God's will. --This text refers to an out of print or unavailable edition of this title.

## **Book Information**

Hardcover: 216 pages

Publisher: Navpress Publishing Group; First Edition edition (1999)

Language: English

ISBN-10: 1576830675

ISBN-13: 978-1576830673

Product Dimensions: 9.3 x 6.3 x 0.9 inches

Shipping Weight: 15.2 ounces

Average Customer Review: 4.6 out of 5 stars 27 customer reviews

Best Sellers Rank: #1,699,132 in Books (See Top 100 in Books) #88 in Books > Religion & Spirituality > Religious Studies > Psychology & Christianity #6062 in Books > Christian Books & Bibles > Christian Living > Self Help #8021 in Books > Christian Books & Bibles > Christian Denominations & Sects > Protestantism

## **Customer Reviews**

This insightful book provides, from a Christian perspective, tools to combat the tendency toward too much, whether it's overactivity, overcommitment, or too many material possessions. Swenson offers more than 175 prescriptions for lifestyle changes. This book's solutions are timely, useful, and well-presented. Pastors, lay leaders, managers, and other people with a tendency toward overloaded lives will welcome Swenson's helpful message. And they'll be eager to share their new knowledge with others. (Karl Bakkum, CBA Marketplace, September 1998) Jesus went to sleep every night without trying to heal everyone. God created every individual with limits. For those who, like one woman in the book, feel that a trip to the dentist is a mini-vacation, respite is offered here. -- Des Moines Register, April 17, 1999

DO YOU DREAD GOING TO WORK? ARE YOUR RELATIONSHIPS STRAINED FROM STRESS?

## DO YOU WISH YOU COULD CHECK INTO A HOSPITAL JUST TO GET SOME SLEEP?

Busyness. Stress. Overload. Anyone living in today's society knows the struggle of trying to handle the demands of life at the turn of the millennium. You don't have enough time to do the things you have to do - let alone those things you'd like to do. You feel tired, worn out, and burned out. You're not alone. These symptoms are not a figment of your imagination. They're signs that you're suffering from a virulent new disease that affects millions of people - The Overload Syndrome. Where does overload come from? What does it look like? What will it lead to? Most important, what can you do about it? The Overload Syndrome examines these questions and offers prescriptions to counteract its effects and restore time to rest and space to heal. --This text refers to an out of print or unavailable edition of this title.

This book runs against the cultural defaults and norms of the 21st century. We find ourselves, today, almost expected to be fully reachable through iPhones, tablets, and social media. Often, this connectivity dilutes our focus and effectiveness in the areas of life that carry eternal value. It's the case of the hard working dad checking his phone for messages while sitting down to a family dinner table. Or maybe he brings his kids to the park, but every 2 minutes check texts or emails. What does the child see in this? "I'm not worth his attention." Perhaps...Dr. Swenson's book provides over 170 timeless prescriptions to overcome this syndrome of overload. These principles stand the test of time, and should be transferred into our culture today. Read it. And buy a copy for your co-worker. Rob, R3Coaching.com

I love how the book set the stage for creating margins in our life. Not only did it outline some of the factors that can affect a margin less life, but it also provided solutions that can be applied to our daily living. I would recommend this book to anyone who considers themselves teachable and overwhelmed with the issues of life.

In 25 years of pastoral ministry, I have never seen as much hyperactivity among God's people as I do today. As ministers we share a substantial portion of the blame, working long hours and even experiencing burnout in an attempt to be all things to all people at all times. Swenson's words here are a breath of fresh air to Christians and churches alike who find themselves suffocating beneath unrealistic schedules and expectations. The author begins by defining overload and emphasizing the reality of human limitations. He then lists several varieties of overload in our society, and offers prescriptions on how to cure each of them. Swenson is not only a professing Christian, but also a

practicing physician. The cures offered here are not so much for the body as they are for the heart, soul and mind. For me, this book is a definite keeper. I'm recommending it to other church leaders who think busyness is akin to godliness. As Swenson expresses here time and time again, just the opposite is true. Busyness is the enemy of godliness. If you feel you have too many "irons in fire" at home, at work, at school or at church, this book will bring order and renewal to the midst of the chaos. Try it -- you'll see!

Made me reflect on how our busy, multi-tasking world of really bad for us. Slow down and enjoy life. Besides explaining how stress was once necessary to save human life (and it still is in many respects), this book explains how being in that mode constantly is why we cannot enjoy our lives. It is a good read and well worth the money. If you are struggling with stress--which I didn't realize I was--this book will help you. If you feel like you are not enjoying your hobbies, this book will help you. If you can't enjoy the little things in life--this book will help you.

anything by Richard Swenson is worth reading

Great for those who need tools to thwart burnout before it gets the best of you. The book has a lot of great tools that help with identifying the pressures and how to handle them in healthy ways.

Purchased at a garage sale, I didn't know what to expect. I was Pleasantly (? well...no the news wasn't pleasant, really) surprised to find the answers to my ever-present questions, why is life soooo hectic and why don't I have time to do more fun stuff? I'm s'posed to be RETIRED for heaven's sake! This should be a basic read for everyone...explains why we feel so harried and frustrated in our culture today.

This is great book. Practices on there are good to utilize. I only gave it a four star because the book focused on limitations God set for you and that there was a high purpose. I assumed the book for more scientific and factual.

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