



Refuel: How to balance work, life, faith and church - without burning out

Kate Middleton

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Stress is a massive issue in our 21st century culture, and the Church is by no means exempt. There is some evidence that people involved with the church might be at particular risk of stress related illness and burn out. How do we get the balance right when there's so much more than work and life to juggle? How do we manage the tension between our passion for God and our other responsibilities? How do we manage to reach our full potential without burning out? Good stress management isn't about living a half-life - it is possible to remain motivated, passionate and on fire, without constantly being on the brink of burnout. Kate Middleton's biblical self-help book will help readers to identify understand the dangers of stress and offers practical tips to reduce and manage stress in a biblical way.

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