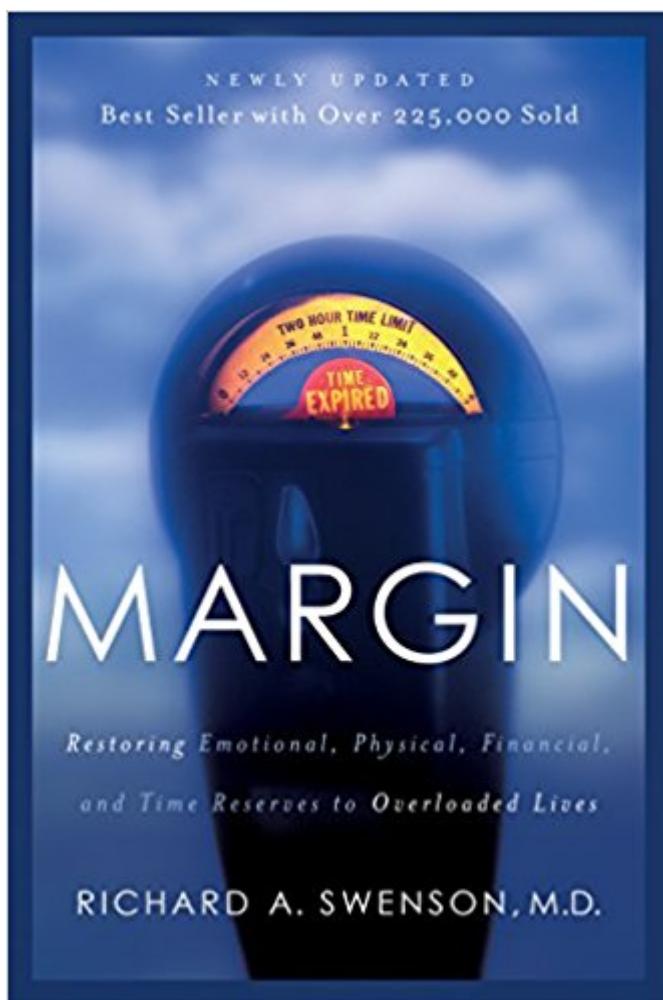


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# Margin: Restoring Emotional, Physical, Financial, And Time Reserves To Overloaded Lives



## **Synopsis**

Margin is the space that once existed between ourselves and our limits. Today we use margin just to get by. This book is for anyone who yearns for relief from the pressure of overload. Reevaluate your priorities, determine the value of rest and simplicity in your life, and see where your identity really comes from. The benefits can be good health, financial stability, fulfilling relationships, and availability for Godâ™s purpose.

## **Book Information**

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## **Customer Reviews**

RX: FROM THE DESK OF RICHARD A. SWENSON, M.D. Overload is not having time to finish the book you are reading on stress. Margin is having time to read it twice. Overload is fatigue. Margin is energy. Overload is red ink. Margin is black ink. Overload is hurry. Margin is calm. Overload is anxiety. Margin is security. Overload is the disease of our time. Margin is the cure. Margin is the space that once existed between ourselves and our limits. It is something held in reserve for contingencies or unanticipated situations. In Margin, Dr. Richard Swenson provides a prescription against the danger of overloaded lives. Focusing on margin in four key areas-emotional energy, physical energy, time, and finances-he offers an overall picture of health that employs contentment, simplicity, balance, and rest. If you yearn for relief from the pain and pressure of overload, take a lifelong dose of Margin. The benefits of good health, financial stability, fulfilling relationships, and availability for Gods purposes will follow you all your days.

Richard A. Swenson, M.D. is a physician, a futurist, and the author of The Overload Syndrome,

Hurtling Toward Oblivion, More Than Meets the Eye, and A Minute of Margin. Dr. Swenson and his wife, Linda, live in Menomonie, Wisconsin. They are the parents of two sons, Adam and Matthew.

Overall, this book is an easy to read discussion on the problems many people face in today's society. He makes it clear that regardless of personality, upbringing, or status, all people suffer from stress in life; it just may be different for each person and have different symptoms in each. The author is very clear up front with his ideas of how "our faults demand a glaring prominence of their own" despite the perceived wonders of progress. Dr. Swenson appears to firmly believe that many of the stresses in our lives are self-inflicted by the desire for "material and cognitive status." He is also not afraid of directing the reader to the Christian understanding of what true wealth and power are as they emanate from God, not from our own feeble efforts. This is demonstrated well in quoting William Wilberforce's statement "Above all, measure your progress by your experience of the love of God and its exercise before men." Where Dr. Swenson really shines is his prescriptions for restoration of emotional energy, physical energy, time, and finances. Instead of providing the reader with a range of solutions only an academic could relate to, Dr. Swenson gives prescriptions that address our common problems and are easily implementable. Again, Dr. Swenson is not afraid to bring his Christian faith into the mix of solutions. He even goes to the point of humorously asking whether Jesus might have used a pocket calendar to illustrate how "God never intended for time to oppress us, dictating our every move." These Christian ideals also make their way through the author's discussions on the other aspects of emotional energy and finances. For example, in one of his stronger statements, the author emphasizes, "wealth is not a primary objective of the spiritual life." Although the book provides a wealth of information and warning on lack of margins and the benefits of having them in all aspects of our lives, there is little discussion of how these ideas can play out in a life of pastor or his work. This is not to say there are no connections to ministry as the concepts themselves would seem to be very applicable regardless of the situation; however, there does not seem to be a concerted effort to tie these concepts to areas in ministry. Further discussion would need to be had in connecting the many beneficial notions Dr. Swenson presents beyond the individual to a larger entity such as a church body or evangelistic ministry.

This book has tremendous value in our crowded world. The whole idea of margin is simply not allowing events and circumstances to overtake your ability to cope with it. Whether it is physical, emotional or otherwise, margin is the difference between what you can comfortably handle and your maximum. Too many issues in America end up with negative margin; that is when you have more

on your plate that you have ability to deal with. This condition creates major stress, leads to psychological meltdowns, fatigue, and ultimately drugs, alcohol, and other coping mechanisms that all are unhealthy. Learning how to create margin by saying *no*, making boundaries, simplifying lives, and eschewing covetousness in all things is a lifelong learning exercise and this book gives an excellent beginning to understanding these simple principles in a very Biblical account of Godly living. Highly recommended to all readers who seriously wish to live a calm, vital, joyful life.

When someone asked you how you are, and your standard response is; busy, stressed, running, life is so full, running. If a loved one asks you for a coffee and you cannot squeeze them in for a week or two. If you are feeling like life is a roller coaster and you are not enjoying the ride. If you are so busy that you are missing out on the life that is happening right in front of you. If you look at your kids and wonder where did the time go, I had them for a few short years and now they are grown and gone and I feel like I missed it. This is the book for you. And excellent, informative and practical book to developing healthy margins in your life. But I haven't got time to read it! Make time;)

This is a most excellent book because it is an instruction for mastering the "false urgency" many of us have allowed to creep into our lives. Richard Swenson writes like a true sage - and offers a "treasure" to enjoy and to share...that is living a full and peace-filled life.

If you have overloaded yourself, like I had, this book is worth the read. It is written as if the physician is speaking to you in an encouraging way. Giving you permission to relax, get some sleep, and slow down to enjoy life. If fact this is what God intended when he created us. In a world focused on progress and success, this book is well needed.

This is a book I have been looking for, for years. If you are not a Christian, the references may be uncomfortable for you but needing margins in my life this book was incredibly helpful. I found many "ah-ha" moments. Great ideas and suggestions for moving toward simplicity and meaning in your life. A good read.

This is a very practical book that helps to reflect upon our lives and the way live them. It gives a very interesting perspective about progress and its consequences on modern day-to-day living. The author not only some offers some suggestions for reclaiming margin in our busy lives and also deals

with the attitudes that we need to develop in order to achieve that.

One of the greatest books I've ever read. Dr. Swenson has the gift of healing: physical, emotional, and spiritual healing. He has touched the cancer of contemporary culture and alleviated our suffering from the hand of modern progress. We have lost margin in our lives. This book will help the reader identify the culprit and will give a prescription to detoxify our harried, stress filled existence and will return us to the state of rest for which we yearn. If life has you down then read this book. The doctor will see you now!

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