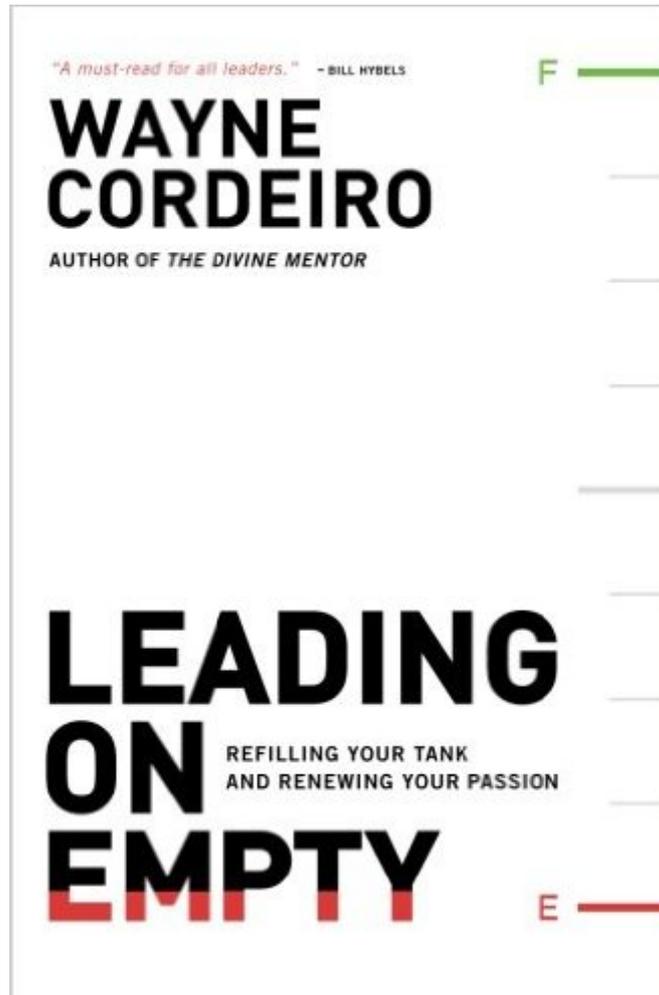


The book was found

Leading On Empty: Refilling Your Tank And Renewing Your Passion



Synopsis

Gives leaders the tools to recognize and overcome burnout, providing them a new vision for greater levels of both rest and productivity.

Book Information

Paperback: 224 pages

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Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (129 customer reviews)

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Customer Reviews

In his book "Leading on Empty," Wayne Cordeiro shares the story of his own personal burn-out, which resulted from years of very successful pastoral ministry that he pursued without adequate attention to sustainability and personal well-being. He wrote this book as a means to share what he learned over the years, especially during and after his crisis of burn-out, to help other leaders, especially pastors, to avoid the trauma that he endured. The account is very personal and very specific, written in Cordeiro's typically accessible style. Though I read it in small bits over the course of several months, it could also probably be read in one or two sittings. The strengths of the book are its practicality and specificity. Cordeiro offers a host of practices that pastors would be well-served to embrace or at least consider to avoid the sort of crisis that knocks so many hundreds of pastors out of ministry each year. He suggests that taking care of his body through diet, exercise, and sleep was essential. He suggests that maintaining spiritual disciplines like Bible study and prayer and developing other leaders around him were essential. He suggests that being committed to rest, by establishing a daily routine including moments of respite, committing to a weekly Sabbath rest, carving out time for periodic days of renewal, and understanding the value of sabbaticals every 5-7 years, was absolutely essential to him. He speaks about the value of giving necessary time and

energy to his family and of scheduling his day to give his most productive time to his most important commitments. This is all great stuff, which we would all do well to consider. As much as I agreed with almost everything that Cordeiro said in the book, I have several critiques to offer.

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