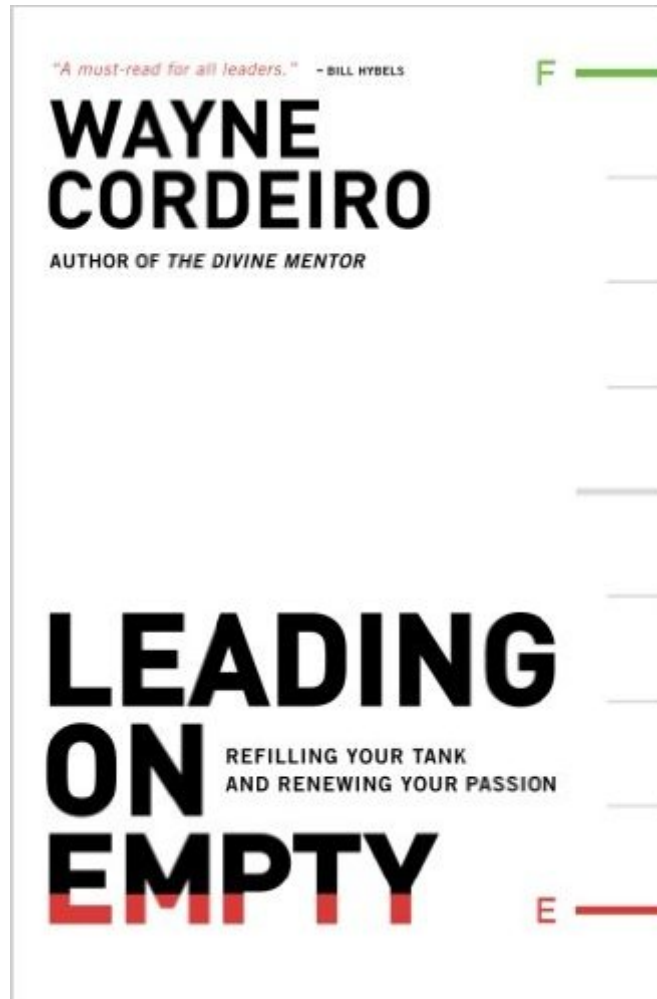


The book was found

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

Publisher: Bethany House Publishers; 53929th edition (April 1, 2010)

Language: English

ISBN-10: 0764207598

ISBN-13: 978-0764207594

Product Dimensions: 5.5 x 0.5 x 8.4 inches

Shipping Weight: 12.2 ounces (View shipping rates and policies)

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

Best Sellers Rank: #26,990 in Books (See Top 100 in Books) #8 in [Books > Christian Books & Bibles > Churches & Church Leadership > Church Administration](#) #24 in [Books > Christian Books & Bibles > Churches & Church Leadership > Church Leadership](#) #26 in [Books > Christian Books & Bibles > Churches & Church Leadership > Pastoral Resources](#)

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.

[Download to continue reading...](#)

Leading on Empty: Refilling Your Tank and Renewing Your Passion Isolation Tank: Understanding the Sensory Deprivation Tank and What You Need to Know (Flotation Tank, Meditation, Float Tank, Relaxation, Think Tank, Reduce Stress) Victory Over Verbal Abuse: A Healing Guide to Renewing Your Spirit and Reclaiming Your Life The Passion: Photography from the Movie "The Passion of the Christ" Renewing Your Wedding Vows: A Complete Planning Guide to Saying "I Still Do" Resonant Leadership: Renewing Yourself and Connecting with Others Through Mindfulness, Hope, and Compassion Men: Some Assembly Required (Renewing the Heart) Renewing the Covenant: A Kabbalistic Guide to Jewish Spirituality Running on Empty: Overcome Your Childhood Emotional Neglect Empty Nets, 2nd ed: Indians, Dams, and the Columbia River (Culture and Environment in the Pacific West) Feeding the Empty Heart: Adult Children and Compulsive Eating A roulette system that will not make you rich, but will show you the way to win all you need for a living: If you see a table full of people and then suddenly ... empty, just with one person, that is me.. From Mom to Me Again: How I Survived My First Empty-Nest Year and Reinvented the Rest of My Life Chicken Soup for the Soul: Empty Nesters: 101 Stories about Surviving and Thriving When the Kids Leave Home Empty Vision: Metaphor and Visionary Imagery in Mahayana Buddhism (Routledge Critical Studies in Buddhism) The Empty Chair: Handling Grief on Holidays and Special Occasions The Weekend That Changed the World:~ The Mystery of Jerusalem's Empty Tomb No Reservations: Around the World on an Empty Stomach Empty Net (Scoring Chances Book 4) Empty: A Story of Anorexia

[Dmca](#)