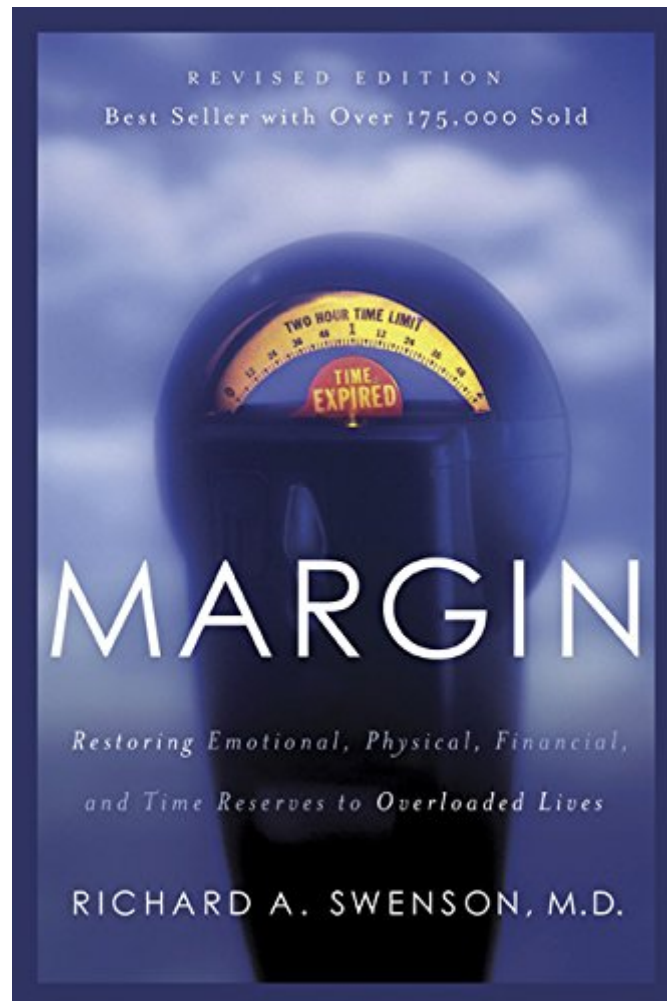


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# Margin: Restoring Emotional, Physical, Financial, And Time Reserves To Overloaded Lives



## 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 God's purpose.

## Book Information

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## Customer Reviews

Swenson's argument is valid overall, yet flawed in some of its premise. He presents an excellent argument for the prescription and prognosis, but part of the problem has some disregard for the human condition. Specifically, Swenson does lay blame on progress being the enemy and thief of margin. This is a generalization and oversight on his end, blaming a non-entity third party for the sufferings of humanity. He is correct with his argument that the world is presented with all it could want for the world to be utopia, but he fails to acknowledge the fallen nature of man and that this world is not the final destination (and yes, he shares biblical content in his book, so there is a right to

hold this as an objection). It is respectful and appropriate that he does what he can to address the issue at large and bring resolution to restore margin, and he does so in his prescription. However, progress is not at fault â “ mankindâ™s laziness is. Progress has allowed greater things to be done, but mankind has historically taken the easy way out and done more while accomplishing less. This procrastination, or busybody approach, is the true blame and thief of margin. Swensonâ™s arguments against progress are no good, because even before progress gained momentum, Adam and Eve still chose the easy way, following the Serpent instead of standing for what was right. Since then, mankind has made the same faults and failures, leading to todayâ™s epidemic of stress. Progress has been an attempt to restore margin, not remove it, and has failed due to mankind refusing to change its nature. Swensonâ™s prognosis is a necessary part of the prescription.

How many times have we wished there were more hours in a day? How many times have we asked ourselves, "Where did the time go?" How many times have we felt guilty for not spending enough time with our friends, family, and loved ones? Many people find themselves surrounded by responsibilities and overwhelmed by their to-do lists. As a result, they bring irrevocable physical, emotional, relational, monetary, and spiritual damage upon themselves. How can we eliminate such overload and all the negative side-effects associated with it? Dr. Richard Swenson has the answer. In his book entitled, *Margin: Restoring Emotional, Physical, Financial, and Time Reserves to Overloaded Lives*, Dr. Swenson takes an in-depth look at the consequences and solutions to the overload that plagues the lives of so many people in our modern society. Living without free time, according to Dr. Swenson, would be like trying to read a piece of paper with the words written from one end to the other, top-to-bottom, with no room in between. Dr. Swenson makes it very clear that lack of margin in our lives is responsible for the many struggles we face. Progress has indisputably made our lives easier but has adversely given us more to do, which results in a decrease of free time and margin in everyday living. The author includes a variety of suggestions by which we can add margin to our lives. The author often speaks out of personal experience as a physician, adding credibility to his words. He uses colorful illustrations and engaging stories. The book is particularly attractive because of its message. Margin-less living is something that we all have experienced, and while some feel the strain more than others, anyone can benefit from the suggestions the author recommends.

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Margin: Restoring Emotional, Physical, Financial, and Time Reserves to Overloaded Lives

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