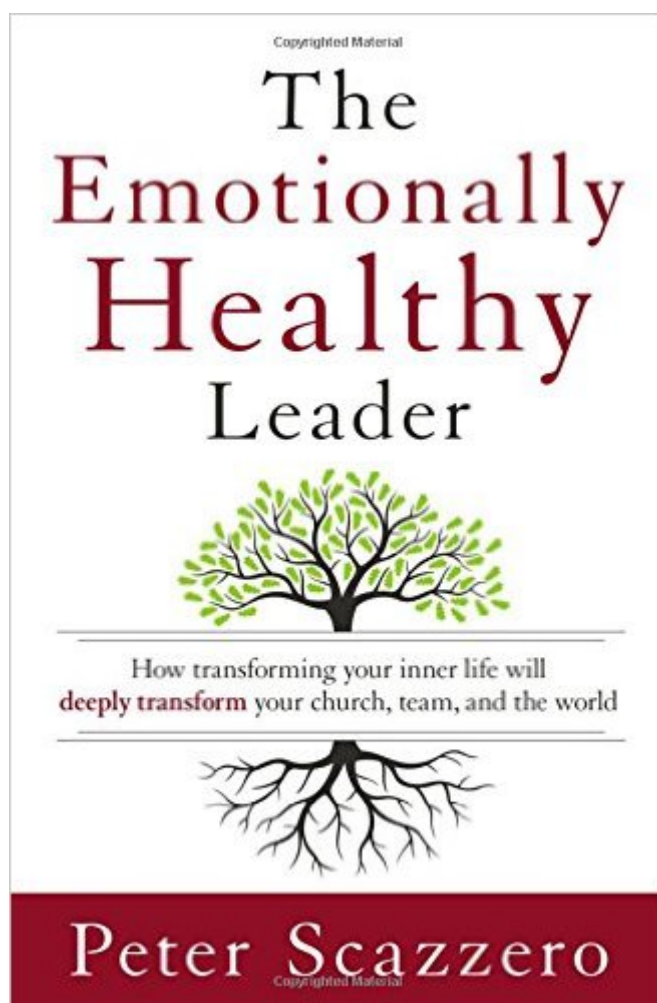


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# The Emotionally Healthy Leader: How Transforming Your Inner Life Will Deeply Transform Your Church, Team, And The World



## Synopsis

Do you feel too overwhelmed to enjoy life, unable to sort out the demands on your time? Are you doing your best work as a leader, yet not making an impact? Have you ever felt stuck, powerless to change your environment? In *The Emotionally Healthy Leader*, bestselling author Peter Scazzero shows leaders how to develop a deep, inner life with Christ, examining its profound implications for surviving stress, planning and decision making, building teams, creating healthy culture, influencing others, and much more. Going beyond simply offering a quick fix or new technique, *The Emotionally Healthy Leader* gets to the core, beneath-the-surface issues of uniquely Christian leadership. This book is more than a book you will read; it is a resource you will come back to over and over again.

## Book Information

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## Customer Reviews

In 1993, I quit my job as an associate pastor before my senior pastor could fire me. I hadn't begun teaching heterodox doctrine or engaged in a sexual affair or some other moral failure. No, I had vociferously challenged the seeker-sensitive direction he was taking the church. As a 24-year-old seminary student, I felt I knew a lot more about ministry than my pastor did, and I wasn't hesitant to download my knowledge on him. Needless to say, this frustrated him personally and hampered the church's evangelistic ministry. At a tense lunch meeting, my pastor told me I needed to shape up or ship out, so I tendered my resignation and left. At the time, I thought my quitting was a matter of principle. I realized later, however, that it was really a manifestation of emotional unhealthiness. I was young and immature but working in a missional environment that

required a spiritual grownup. Several years of apprenticeship at a more traditional church, combined with two yearsâ™ work in corporate America, wised me up and mellowed me out. In 1999, Iâ™m happy to say, I returned to work for the pastor who had wanted to fire me, and I count those years as some of the best of my career.âœThe emotionally unhealthy leader,â• Peter Scazzero writes in his new book, âœis someone who operates in a continuous state of emotional and spiritual deficit, lacking emotional maturity and a â^being with Godâ™ sufficient to sustain their â^doing for God.â™â• That described me to a tee back then. I was thinking too much and feeling too little, reading too much and praying too little, reflecting on âœbig ideasâ• too much and relating to others too little. My life was out of balance, which meant my ministry was out of balance too.

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