



BURN BRIGHTLY WITHOUT BURNING OUT

Richard K. Biggs

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Are you burning brightly-or burning out-in your spiritual, mental, physical, and emotional life? Do you find yourself being torn between work and family? Between what you have to do and what you want to do? *In Burn Brightly Without Burning Out*, Richard K. Biggs examines twenty delicate contrasts we all face and urges readers to gradually improve the balance between work and the other aspects of life. Filled with examples and exercises, each brief chapter reveals timeless truths, offers practical application tips, and issues a call to action. "I love the big message of this small book," writes John Maxwell in the foreword. "Whether you're struggling to find work/life balance, or seeking to better the quality of life you now enjoy, Richard can help."

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