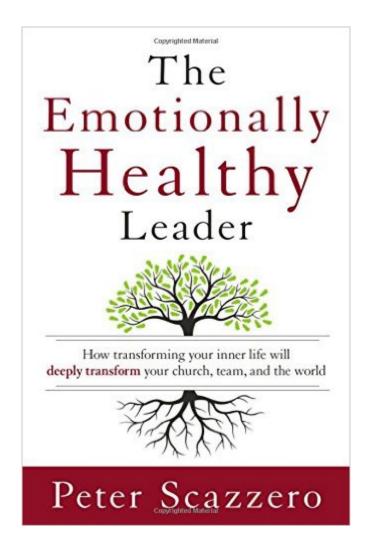
## The book was found

# 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 hadnâ ™t begun teaching heterodox doctrine or engaged in a sexual affair or some other moral failure. No, I had vociferously challenged the â œseeker-sensitiveâ • 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 wasnâ ™t hesitant to download my â œknowledgeâ • on him. Needless to say, this frustrated him personally and hampered the churchâ ™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 emotionally 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 years⠙ work in corporate America, wised me up and mellowed me out. In 1999, l⠙ 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.⠜The emotionally unhealthy leader,⠕ Peter Scazzero writes in his new book, ⠜is someone who operates in a continuous state of emotional and spiritual deficit, lacking emotional maturity and a ⠈being with God⠙ sufficient to sustain their ⠈doing for God.⠙⠕ 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 â œbig 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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