



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

Richard A. Swenson

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RX: FROM THE DESK OF RICHARD A. SWENSON, M.D. Overload is not having time to finish the book you're reading on stress. Margin is having time to read it twice. Overload is fatigue. Margin is energy. Overload is red ink. Margin is black ink. Overload is hurry. Margin is calm. Overload is anxiety. Margin is security. Overload is the disease of the 90's. Margin is the cure.

As a medical practitioner, Dr. Richard Swenson sees a steady stream of exhausted, hurting people coming into his office. A majority of them are suffering from an uncontrolled societal epidemic: living without margin.

Margin is the space that once existed between ourselves and our limits. It's something held in reserve for contingencies or unanticipated situations.

As a society, we've forgotten what margin is. In the push for progress, margin has been devoured. So we feel distressed in ill-defined ways. We are besieged by anxiety, stress, and fatigue. Our relationships suffer. We have unexplained aches and pains. The flood of daily events seems beyond our control. We're overloaded.

In *Margin*, Dr. Swenson provides a prescription against the danger of overloaded lives. Focusing on margin in four key areas—emotional energy, physical energy, time, and finances—he offers an overall picture of health that employs contentment, simplicity, balance, and rest.

If you yearn for relief from the pain and pressure of overload, take a lifelong dose of *Margin* under the care of a specialist. The benefits of good health, financial stability, fulfilling relationships, and availability for God's purposes will follow you all your days.

"I am excited that Dick Swenson has decided to put in print the guiding principles of his life and Christian ministry. I am confident this book will be a great inspiration and practical help to all who read it."-Jay Kesler, president, Taylor University

"If contentment made house calls, its prescription would be 'increase your reserves.' In his timely book, Dr. Swenson offers the perfect prescription for our hurried lives. *Margin* is a home remedy for people who've run out of time, energy, confidence, and courage."-Tim Kimmel, author of *Homegrown Heroes* and *Little House on the Freeway*

"With the experience and insight of an astute clinician, Dr. Swenson offers an abundance of thoughtful, constructive steps to overcome the pressures of contemporary life that impair our efforts to attain balance and find inner peace. *Margin* provides valuable suggestions to every reader interested in physical and emotional health."-Armand Nicholi, Jr., M.D., associate clinical professor of psychiatry, Harvard Medical School

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David Unruh:

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Clifford Caldwell:

The reason why? Because this Margin: Restoring Emotional, Physical, Financial, and Time Reserves to Overloaded Lives is an unordinary book that the inside of the book waiting for you to snap that but latter it will zap you with the secret it inside. Reading this book alongside it was fantastic author who also write the book in such wonderful way makes the content within easier to understand, entertaining approach but still convey the meaning completely. So , it is good for you for not hesitating having this any longer or you going to regret it. This excellent book will give you a lot of benefits than the other book get such as help improving your skill and your critical thinking means. So , still want to hold off having that book? If I had been you I will go to the publication store hurriedly.

Kathe Waller:

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