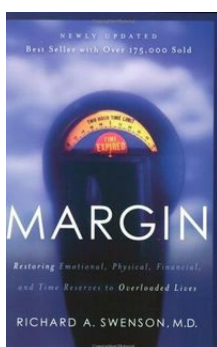


MARGIN: RESTORING EMOTIONAL, PHYSICAL, FINANCIAL, AND TIME RESERVES TO OVERLOADED LIVES

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....



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Author	Richard A. Swenson
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Peek Inside the Book

If progress is so wonderful, why do we drink and drug to forget our problems? Why are we divorcing and suing at such rates? Why are people killing themselves-and others-in such numbers? Richard A. Swenson, Margin: Restoring Emotional, Physical, Financial,...

Reader's Opinions

Richard Swenson makes a good point stating that as Americans we are so busy we no longer have time to rest and relax. He calls extreme busyness "overload" and relaxation, "margin." As a doctor he said he would write a prescription for his super-stressed patients that looks like this: Symptom: Pain Diagnosis: Overload Prescription: Margin Prognosis:...