



The Overload Syndrome: Learning to Live Within Your Limits (Guidebook)

Richard Swenson, Richard A. Swenson M.D.

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Anyone living in today's society knows the struggle of trying to handle busyness. You feel tired, stressed, and burned out. These symptoms are signs that you're suffering from the Overload Syndrome. This book of the same name examines where overload comes from and what it can lead to, while offering prescriptions to counteract its effects and restore time to rest and space to heal. Find the secrets of time management while examining your priorities and seeking God's will.

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