



From Hectic to Healthy: The Journey to a Balanced Life

Craig Jutila, Mary Jutila

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From the outside, Craig Jutila appeared to have the ultimate success in ministry--but at home, it was another story. The principles in *From Hectic to Healthy*, which will become every leader's guide to work-life balance, are the hard-won result of Craig's brush with total burnout. Many pastors and other leaders buy the lie that they are just "in a busy season," rather than living a hectic, unsustainable way of life that will lead eventually to burnout. But it's never too late to move from hectic to healthy! Using Craig and Mary's easy-to-remember acrostics, readers will identify the roots of their busyness, or SPIN, learn to STOP, then set a healthy PACE, and continue to WALK.

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