

The Weary Leader's Guide to Burnout

SUGGESTED READING LIST

Leadership

Strengthening the Soul of Your Leadership
by Ruth Haley Barton

The Unhurried Leader by Alan Fadling

Emotionally Healthy Spirituality by Pete Scazzero

The Emotionally Healthy Leader by Pete Scazzero

The Spiritual Journey

Unhurried Living by Alan Fadling

Journey of the Soul by Bill and Kristi Gaultiere

The Critical Journey by Robert Guelich and Janet Hagberg

The Deeply Formed Life by Rich Villodas

Sabbath

Sabbath: The Ancient Practices by Dan Allender

Sabbath as Resistance by Walter Brueggemann

Keeping the Sabbath Wholly: Ceasing, Resting, Embracing, Feasting by Marva J. Dawn

The Sabbath by Abraham Joshua Heschel

Rhythms of Rest: Finding the Spirit of Sabbath in a Busy World by Shelly Miller

Sabbath: Finding Rest, Renewal, and Delight in Our Busy Lives by Wayne Muller

Subversive Sabbath by A. Swoboda

Spiritual Practices/Disciplines

Sacred Rhythms by Ruth Haley Barton

Spiritual Disciplines Handbook (expanded edition) by Adele Ahlberg Calhoun

Celebration of Discipline by Richard Foster

Habits of Grace by David Mathis

God in My Everything by Ken Shigematsu

Sacred Pathways by Gary L. Thomas

Spiritual Disciplines for the Christian Life by Don Whitney

The Spirit of the Disciplines by Dallas Willard

The Discerning Life: An Invitation to Notice God in Everything by Stephen Macchia

Fear, Anger, Anxiety, and Shame

Deep Peace: Finding Calm in a World of Conflict and Anxiety by Todd Hunter

The Soul of Shame by Curt Thompson

Managing Leadership Anxiety: Yours and Theirs by Steve Cuss

Boundaries for Your Soul by Allison Cook and Kimberley Miller

Holy Noticing by Charles Stone Jr.

Boundaries and Limits

The Good News of Our Limits: Find Greater Peace, Joy, and Effectiveness through God's Gift of Inadequacy by Sean McGeever

No Is a Beautiful Word by Kevin Harney

Boundaries by Henry Cloud and John
Townsend

Essentialism by Greg McKeown

Relationships

People Fuel by John Townsend

Just for Pastors

Survive or Thrive by Jimmy Dodd

The Resilient Pastor by Glenn Packiam

Fan the Flame by Jim Cymbala