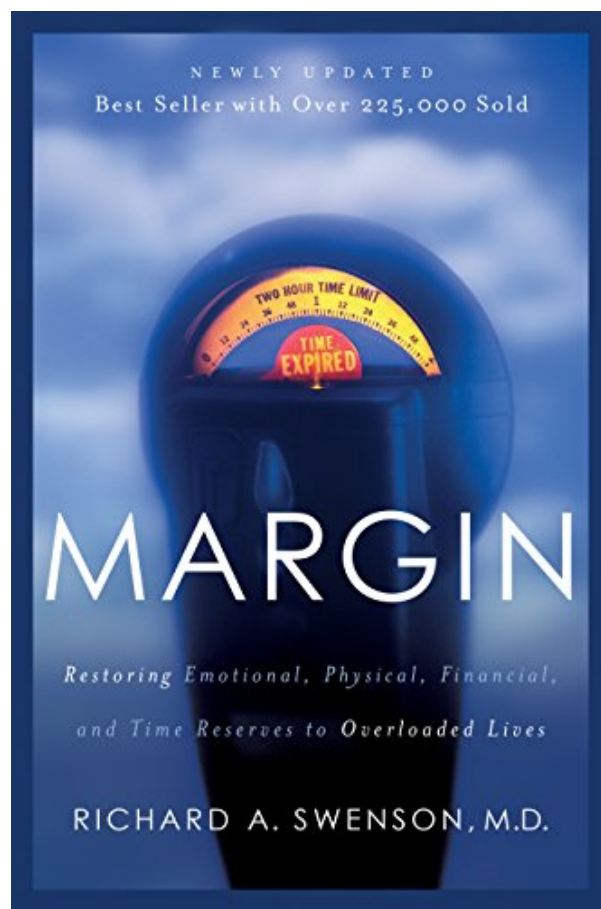


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RICHARD A. SWENSON, M.D.

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About the Author

Richard A. Swenson, M.D. is a physician, a futurist, and the author of The Overload Syndrome, Hurling Toward Oblivion, More Than Meets the Eye, and A Minute of Margin. Dr. Swenson and his wife, Linda, live in Menomonie, Wisconsin. They are the parents of two sons, Adam and Matthew.

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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. Reevaluate your priorities, determine the value of rest and simplicity in your life, and see where your identity really comes from. The benefits can be good health, financial stability, fulfilling relationships, and availability for God's purpose.

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2 of 2 people found the following review helpful.

Good book for diagnosing the problem

By Daniel S. Teater

Overall, he accurately diagnosed and described the symptoms of living in a frantic highly connected culture that is time presses constantly. I found myself deeply resonating with much of what he was saying and eagerly anticipated his solution. I was a bit disappointed that what felt like his ultimate answer for lack of margin was to simply make more margin. I'm reducing it a bit, but it felt behavioral focused rather than unpacking why our hearts gravitate to this margin-less setting in the first place. I would recommend this book as well as Addicted to Busy for those trying to reflect on their hectic lives. I think there are other books that unpack a theology of rest more thoroughly, but this is good for diagnostic purposes.

0 of 0 people found the following review helpful.

Margin: A Brilliant Concept of Healthy Living Concepts

By Michael Sholders

This book has tremendous value in our crowded world. The whole idea of margin is simply not allowing events and circumstances to overtake your ability to cope with it. Whether it is physical, emotional or otherwise, margin is the difference between what you can comfortably handle and your maximum. Too many issues in America end up with negative margin; that is when you have more on your plate that you have ability to deal with. This condition creates major stress, leads to psychological meltdowns, fatigue, and ultimately drugs, alcohol, and other coping mechanisms that all are unhealthy. Learning how to create margin by saying "no", making boundaries, simplifying lives, and eschewing covetousness in all things is a lifelong learning exercise and this book gives an excellent beginning to understanding these simple principles in a very Biblical account of Godly living. Highly recommended to all readers who seriously wish to live a calm, vital, joyful life.

2 of 2 people found the following review helpful.

Margin is prescription for what we lack

By Teresa Orth

I really enjoyed reading this book and having a one word response to what I am feeling when everything is crowding out all the things I value: Marginless! The prescription for improving your life and living the life God created for you is to carve out more margin in all areas of your life. I am learning to say "no" to doing too many things that are not in line with my long term margins. I am learning to plan my year, month, day out so that I can accomplish what I need to do and still leave that margin for what God needs me to do to minister to myself, my children and other souls. It is true that today's world provides too much of everything. You could spend hours reading volumes and still be behind in any area of expertise. We have to create the time and margin in our physical, emotional, and spiritual lives to stop the sickness of no time in our lives. This book is excellent and will help you find the time to find the time!

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