

Leaders too often focus on external things to neglect of their own souls.

Authors Winfield Bevins and Mark Dunwoody wrote *Healthy Rhythms for Leaders* primarily to help Christian leaders care for their souls in today's chaotic and uncertain world. Their goal is to promote healthy rhythms to help leaders connect spiritual and missional practices.

Go deeper in your personal walk with Christ with personal rhythms by creating an "Ebb and Flow" Rule of Life. Then, break through current team challenges with "Missional Design Thinking," a process that carries the power to transform your effectiveness as a leader. Walk away with these personal and leadership rhythm tools, but also learn how to share these practices and principles with the churches and organizations you serve.

"Healthy Rhythms for Leaders is an important book, an essential manual for anyone wanting to support leaders and multiply their effectiveness, longevity, and health. Read it, digest it, use it!" - Ric Thorpe, Bishop of Islington, Gregory Center for Church Multiplication

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