



# In Search of Balance: Keys to a Stable Life

*Richard Swenson*

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# In Search of Balance: Keys to a Stable Life

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## **In Search of Balance: Keys to a Stable Life** Richard Swenson

*In Search of Balance* by Richard A. Swenson, MD, author of the best-selling book *Margin*, helps us understand the dangers of living in a fast-paced world and gives us hope for recovering a foundational sense of equilibrium. Dr. Swenson offers not only important organizing principles for making sense of our priorities but also scores of practical tips for finding rest and contentment in a world that emphasizes materialism and busyness. His advice is grounded in the daily realities we all experience, but his wisdom has been honed by the big-picture perspective of an exhaustive study of the stresses of modern life. Let Dr. Swenson be your gentle guide for reaching a new stage of personal balance.

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