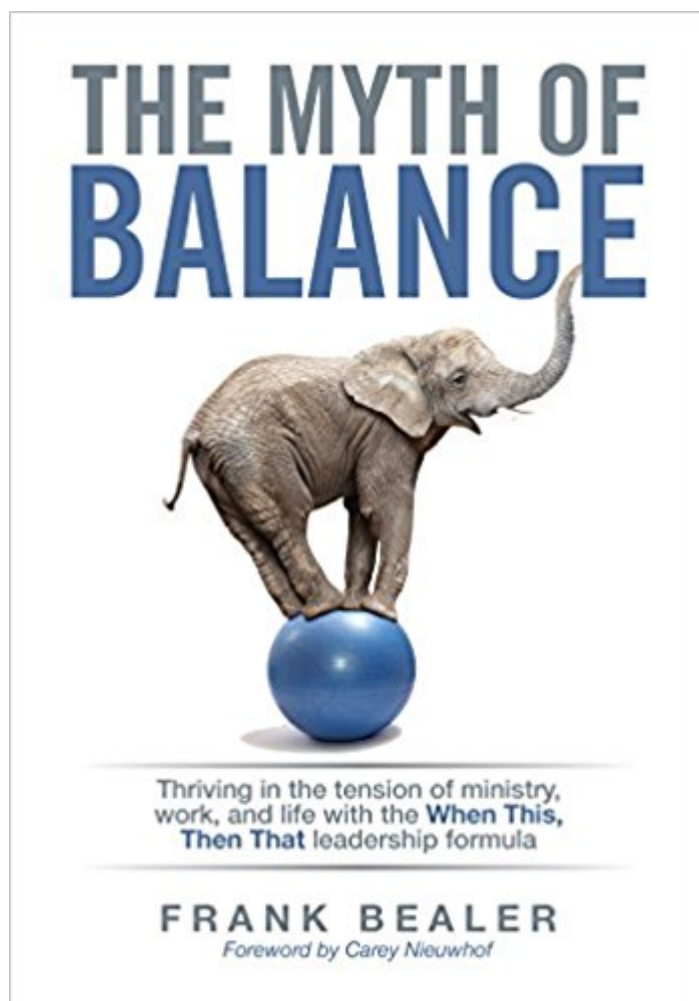


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The Myth Of Balance: Thriving In The Tension Of Ministry, Work, And Life



Synopsis

Balance is a mythical beast. We always say we need to achieve it for equilibrium in our work, life, or family time, but balance doesn't really exist. In *The Myth of Balance*, Frank Bealer explains how a simple four-word formula can prepare you for the unexpected and not-so-unexpected events that distract you in the most inconvenient moments. Next time, be ready to slay the beast of balance with this time-tested approach.

Book Information

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Customer Reviews

"Getting to work with Frank these last few years has been one of my favorite parts of being connected to reThink. Why? Because Frank knows what it takes to build a life worth living, both at home and at work. I've benefitted from hearing about these ideas first hand, I think you'll love them too." Jon Acuff, New York Times bestselling author of *Do Over*"If there is anybody that can speak more into the tension of balance in ministry, family, and devotional life, it's Frank Bealer. He has managed it so well and I know as you read this book you will find the insight you need to rise higher in your life and ministry." Craig Johnson, Sr. Director of Ministries, Lakewood Church"What Frank has here is something everyone needs to read. Balancing expectations and preparation is key for anyone living in today's fast-paced society, and I believe gracing ourselves with room for interruptions is indispensable to a healthy and happy life." Jarrid Wilson, Pastor, author of *Jesus Swagger* and *Love Is Oxygen*

People ask me all the time how I get everything done--work full time, write a blog, host two podcasts, speak at conferences, write books AND have a solid marriage and make time for my now-grown kids. But before I finish any attempt at an answer, I inevitably tell them to study Frank Bealer. If they think I get a lot done and still have a life, well, they need to meet Frank. Frank is one of the most productive and effective leaders I've encountered. He's also one of the kindest people I know. (You can appreciate what a rare combination that is.) He always has time for me, and his family, and his friends. He soared at his incredible responsibilities at Elevation Church and as CEO of the Phase Learning Centre and Executive Director at Orange. In the *Myth of Balance*, Frank shares the secret of how he gets everything done. And it's not what you expect. I'd actually never heard of the formula Frank shares until he shared it with me. And man, I wish I had known about it when my kids were younger. If you're tired of the pressure of work and life creating constant losses in your life, Frank's approach will be a life-saver. You really can turn the pressure into a win for everyone. I know that's a big statement, but read on. Your kids will thank you. Your wife will thank you. Your colleagues will thank you. And years from now when you look back on your life, you'll be grateful you discovered this little formula that changed so much. - Carey Nieuwhof. Founding Pastor, Connexus Church.

I'm a very slow reader by most standards, but I read this book in just over an hour and it has significantly impacted and inspired my mindset when it comes to all things ministry, Jesus & family. I don't know that I've ever made a better investment of money & time as far as when I'm believing the ROI will be. If you're in ministry or any other kind of job where you operate outside of the normal 9-5 work day, you need to read this book. It has the power and practical help to change your life.

Balance is a mystical beat. I work in ministry and this book really challenged me because working in ministry at a church and not being married you can come in treating it like it's a race to get everything done and say yes to so many things. With Frank's great teachings and wisdom I was reminded to treat my church work and outside of church work as a marathon. I really would recommend this book to everyone.

As an assistant pastor's wife I kept finding myself nodding my head in agreement as I read. It's a VERY quick read but the application will take some time to think through. Looking forward to creating some IF/Then statements for our family.

Frank is more productive than just about anybody I know AND he is a great husband, father, and friend. It is possible to be both, and I love how Frank shares the secret to how he makes it work in this book. I also love the examples from other leaders of how they used the same concept with their work and family tensions.

Enjoyed the authenticity and practical approach to If This Then That. The closing examples help give light to more practical uses, too.

While the author articulated the tension well, I felt like there wasn't much to offer in managing that tension. The only approach that was offered, felt more to me like still choosing ministry while throwing your family a bone to take the second seat. I love Frank Bramer, but would not recommend this book.

Amazing book! Knowing Frank and his wife personally, this book is written from both real experience and success. I have so much respect for people who don't just talk a good game but live it, and they truly do that. If you have your hand in multiple areas, family, work, ministry, etc, this is a book that can offer encouragement and strategy as you figure out how to best navigate that.

We all want a work/life "balance".....we want to have it all, be good at everything, have the career AND the amazing family, spend quality time with the spouse, and the kids, and excel in the office. But this idea of balance that we've created in our minds....we've set impossible expectations. And although true balance may not actually exist, Frank explains how we can be prepared for the unexpected, and expected, that can derail us in our lives. Frank is an amazing leader, both in his family and ministry life. He has brought countless ideas and advances to family ministry throughout the years and has a passion for finding new ways to connect families to Christ.

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