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Nota di contenuto	It's personal -- It's national -- It's religious -- We need to change our thinking -- We need to change our habits -- We need to change our societal structures.
Sommario/riassunto	Work-life imbalance is a problem that has personal, national, and religious implications. Millions of Americans sense that they are rushing through life and that their work and non-work lives compete with one another. Many of us are harming our health through overwork. David Gray's Practicing Balance demonstrates why congregational leaders should take work-life imbalance seriously. The issue gets in the way of spiritual development, church attendance, and member involvement. As leaders look to help their congregations grow, particularly by attracting families with children, they would do well