

# Energize Your Life

## Overcoming Fatigue and Stress

*Dwight Carlson*

RELEASE DATE 20 MAY 2002

### AUTHOR

Dr. Dwight L. Carlson is both a specialist in psychiatry and internal medicine. He has served as a board member of two mission boards, one which is in memory of his brother, Dr. Paul Carlson, who was martyred in Zaire in 1964. Carlson is a teacher and speaker and has also authored several books.

### ENDORSEMENTS

"Not only has he made an accurate diagnosis of the problem, he has prescribed some approaches to healing that square with the complex realities of contemporary living."

**John Huffman**

*Former Pastor of St. Andrews Presbyterian Church, Newport Beach, California*

"...you will be enriched through his full disclosure of the "drainers" that contribute to fatigue and "energizers" that provide strength so you will be able to experience God's full potential for your life."

Dr. Gordon E. Kirk, Lake Avenue Church, Pasadena, California.

"Dr Carlson's writings contain invaluable instruction and direction concerning some of the most pressing problems of contemporary life - chronic overload and exhaustion. I believe this book will be very helpful for everyone who is prepared to find their way into a life of practical interaction with the One whose yoke is easy and whose burden is light."

Dallas Willard, Professor of Philosophy, USC, Speaker and Author

"This resource speaks to the heart of the concerns of many who struggle in their daily lives."

H. Norman Wright, Christian Counselor

### TECHNICAL DETAILS

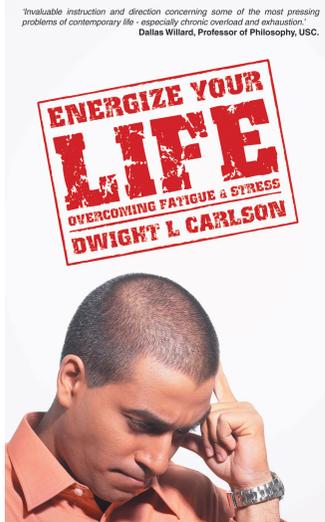
LARGE TRADE PAPERBACK

272 Pages

ISBN 9781857928648

BISAC REL012070

PRICE £8.99 \$12.99



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