



Burnout Busters: Stress Management for Ministry (Burnout Busters) (Burnout Busters)

Joseph D., Ph.D. White

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Perfect for those who are just starting out in ministry as well as those who have weathered every type of storm, Burnout Busters speaks to everyone from clergy to directors of religious education, from volunteer catechists to career teachers, from youth ministers to music ministers, and everything in between.

Using techniques gathered from personal experience, professional training, and from workshops he has led around the country, Dr. White combines mental, spiritual, and physical support tools to bring about a complete and holistic rejuvenation.

Dive into the exercises and reflection questions as a frame-work to not only alleviate your stress but prevent it in the first place. Let Dr. White and Burnout Busters help you rekindle the joy and passion of your calling.

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