



## Rest in the Storm: Self-Care Strategies for Clergy and Other Caregivers

*By Kirk Byron Jones*

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Are You Overdosing on Overcommitment? Even the most committed and competent ministers suffer enormous physical, mental, and spiritual strain. Too many remain in denial about the severity of pastoral stress, even as they are deteriorating emotionally and physically. Drawing from biblical, theological, and sociological sources as well as personal experience, author Kirk Jones discusses the fundamental importance of self-care for clergy and other professionals engaged in helping people. Filled with creative and practical strategies for integrating self-care into vocational life, this compelling resource identifies the factors that influence overload and outlines plausible strategies for escaping such bondage. Rest in the Storm is a lifeline for caregivers who feel overwhelmed by the demands of their calling or profession.

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**Bibliography**

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