



A Resilient Life: You Can Move Ahead No Matter What (Paperback)

By Gordon MacDonald

Thomas Nelson Publishers, United States, 2006. Paperback. Condition: New. Language: English . Brand New Book. It makes little difference how fast you can run the 100 meters when the race is 400 meters long. Life is not a sprint; it is a distance run, and it demands the kind of conditioning that enables people to go the distance. -Gordon MacDonald Running Strong Whose heart doesn't leap at the sight of a beautifully conditioned runner, effortlessly gliding along, stride-by-stride, mile-by-mile? And what runner gets to this place without a thankless-and often lonely-regimen of strategy and self-denial? Isn't this the perfect metaphor of what your heart is longing for-running life's race with intentionality and grace? With strength and focus? Well, you can. Veteran pastor and best-selling author Gordon MacDonald says you must develop resilience-the courage and ability to get up when you fall, to keep running when you're bone-weary, and to keep your eye on the goal even in the murkiest moments. Using the backdrop of his own experiences as a champion runner, MacDonald demonstrates how resilient people Practice spiritual self-discipline to build stamina and grit; Know what's up ahead, what obstacles they will likely face; and Bond with special...



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This composed publication is great. It is one of the most remarkable publication i have got read through. I am just quickly could get a delight of looking at a composed book.

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