

REFUEL: HOW TO BALANCE WORK, LIFE, FAITH AND CHURCH – WITHOUT BURNING OUT

Kate Middleton (DLT 2015)

Ever feel stressed? Then Refuel is for you.

Kate Middleton's book is informative, biblical, practical and realistic. It focuses on our nurture of our own well-being and our leadership of others.

Kate is a psychologist, church leader and director of a mental health organisation. She writes from each of these perspectives. Clearly, she enjoys being busy, and argues that we should not see stress as an enemy. Rather, she encourages us to recognise we all experience and respond to stress in different ways and to develop appropriate healthy responses.

I loved the helpful images she paints to explain key concepts, making them easy to understand. There were a number of 'aha moments' for me as I reflected on both the benefits and challenges of feeling stressed. The questions at the end of each chapter also pushed me to reflect and develop practices to become more resilient.

Kate understands what it takes to lead and be a pastor in a church, the stresses and sacrifices involved, and the passion inherent in the role. There are great chapters on, 'Is your passion stressing you out?' and 'Can you care too much?'. These are well balanced by the second half of the book where she offers realistic solutions, wise cautions and helpful suggestions.

If you are looking for wisdom to help you blend work, life, faith and church without burning out, this book is for you. It is punctuated with scripture and framed by a theological understanding that God created and called each one of us. As

Kate says in the final chapter, 'stress... is a part of essential human experience of being human. Our limits are not limitations – they are part of the way we were created, and an echo of the God who created us.'

Review by Mat Ineson, CPAS Leadership Enabler.

