

The Emotionally Healthy Leader: How Transforming Your Inner Life Will Deeply Transform Your Church, Team, and the World

By Peter Scazzero

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Do you feel too overwhelmed to enjoy life, unable to sort out the demands on your time?

Are you doing your best work as a leader, yet not making an impact?

Have you ever felt stuck, powerless to change your environment?

In *The Emotionally Healthy Leader*, bestselling author Peter Scazzero shows leaders how to develop a deep, inner life with Christ, examining its profound implications for surviving stress, planning and decision making, building teams, creating healthy culture, influencing others, and much more.

Going beyond simply offering a quick fix or new technique, *The Emotionally Healthy Leader* gets to the core, beneath-the-surface issues of uniquely Christian leadership. This book is more than a book you will read; it is a resource you will come back to over and over again.

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Editorial Review

Review
Peter Scazzero's approach is a tremendous resource with practical, pragmatic ideas that are revolutionary in their approach to reach far beyond the fluff of spiritual clichés to touch the deepest pains in leadership with salve for the soul. (*Bishop T. D. Jakes, Sr, C.E.O, TDJ Enterprises*)

Peter Scazzero is one of the world's authorities on emotional health, and his teachings have had a profound impact. His professional approach, borne of many years of study, combines powerfully with his strong Christian faith to offer new hope to anyone seeking to grow and develop the way they live their life. (*Nicky Gumbel, Holy Trinity Brompton, UK*)

The Emotionally Healthy Leader is a profoundly helpful and insightful offering. With remarkable honesty about his own journey, Pete describes key components of healthy Christian leadership, inspiring us to bring our transforming selves to the communities we serve (*Dr. Ruth Haley Barton, Transforming Center*)

Review
Is there no balm in Gilead? Is there no physician there? Finally, Dr. Peter Scazzero's response answers this timeless search for emotional trauma in his book The Emotionally Healthy Leader. His approach is a tremendous resource with practical, pragmatic ideas that are revolutionary in their approach to reach far beyond the fluff of spiritual clichés to touch the deepest pains in leadership with salve for the soul. -- Bishop T. D. Jakes, C.E.O., TDJ Enterprises, NYTimes bestselling author

The Emotionally Healthy Leader is a profoundly helpful and insightful offering. With remarkable honesty about his own journey, Pete describes key components of healthy Christian leadership, inspiring us to bring our transforming selves to the communities we serve---for the glory of God, for the abundance of our own lives and for the good of many. -- Ruth Haley Barton, founder and president, Transforming Center and author of Strengthening the Soul of Your Leadership

Peter Scazzero is one of the world's authorities on emotional health, and his teachings have had a profound impact. His professional approach, borne of many years of study, combines powerfully with his strong Christian faith to offer new hope to anyone seeking to grow and develop the way they live their life. -- Nicky Gumbel, Holy Trinity Brompton, UK; founder of Alpha Course

About the Author

Peter Scazzero is the founder of New Life Fellowship Church in Queens, New York City, a large, multiracial church with more than seventy-three countries represented. After serving as senior pastor for twenty-six years, Pete now serves as a teaching pastor/pastor at large. He is the author of two best-selling books?*The Emotionally Healthy Church* and *Emotionally Healthy Spirituality.* He is also the author of *The EHS Course* and *Emotionally Healthy Spirituality Day by Day*. Pete and his wife, Geri, are the founders of Emotionally Healthy Spirituality, a groundbreaking ministry that equips churches in a deep, beneath-the-surface spiritual formation paradigm that integrates emotional health and contemplative spirituality. They have four lovely daughters. For more information, visit emotionallyhealthy.org, or connect with Pete on Twitter @petescazzero.

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