

Keep It Light

The Freedom of Priorities in Life, Work, and Love

By Joël Malm

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Overwhelmed? Tired? Feel like you can't keep up?

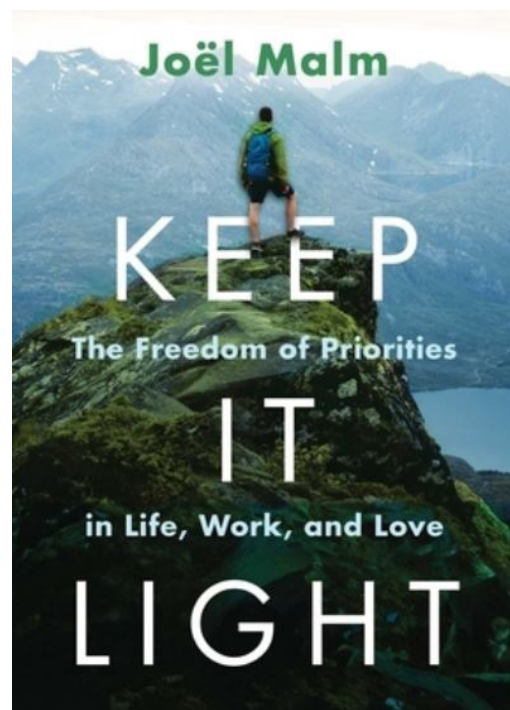
Jesus promises that His burden is light, but how many of us are actually feeling, well ... light? If life is like a long hike, most of us feel like we have a giant backpack of responsibilities and burdens that weigh us down and take the joy out of living. But Jesus offers another way.

Keep It Light will help you:

- Prioritize what deserves your time, money, and energy in this season of life
- Develop a plan to give your best to what matters most right now
- Balance the demands on your resources so there's time and energy for what you love most
- Create a stewardship plan to make sure that what God values is your highest priority

If the burden of life feels too heavy to handle, there's a good chance you're carrying something you weren't meant to carry alone.

Joël Malm is the founder of Summit Leaders, where he uses outdoor adventure and leadership coaching to help people find their calling and pursue a vision for their lives. He holds a bachelor's degree in political science and a master's degree in counseling. Joël speaks at churches, conferences, and corporate events nationwide and is the author of *Fully You*, *Love Slows Down*, and *Connecting the Dots*. He lives with his wife and daughter in Texas.



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