



Chasing Skinny Rabbits: What Leads You Into Emotional and Spiritual Exhaustion...and What Can Lead You Out

John Trent

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A national epidemic of exhaustion is raging across all cultures and social statuses with a huge price being paid in our lives and relationships.

Chasing Skinny Rabbits gets at the root of why we're so prone to exhaustion. As award-winning author John Trent advises, if you don't understand and deal with life's Skinny Rabbits-those things that distract you and lead you to a negative place-more can't-miss strategies for gaining time and energy will simply lead to more exhaustion.

In this book Trent discusses why we're so prone to chase Skinny Rabbits and offers the five most common Rabbit Trails-

All take and no give
Triple your possessions
Perfectionism
When I get that . . .
Small thinking

and the five most common Rabbit Traps-

Pride
Busyness
Fantasy
Isolation
White lies

He then helps readers shift focus to what can lead to true life, true energy, and true fulfillment, as well as a place of real emotional and spiritual rest.

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Amanda Dell:

This book untitled Chasing Skinny Rabbits: What Leads You Into Emotional and Spiritual Exhaustion...and What Can Lead You Out to be one of several books which best seller in this year, here is because when you read this reserve you can get a lot of benefit in it. You will easily to buy that book in the book retail outlet or you can order it via online. The publisher of the book sells the e-book too. It makes you quickly to read this book, since you can read this book in your Mobile phone. So there is no reason for you to past this reserve from your list.

Deana Smith:

In this particular era which is the greater individual or who has ability to do something more are more important than other. Do you want to become one among it? It is just simple solution to have that. What you have to do is just spending your time not very much but quite enough to possess a look at some books. One of several books in the top record in your reading list is definitely Chasing Skinny Rabbits: What Leads You Into Emotional and Spiritual Exhaustion...and What Can Lead You Out. This book and that is qualified as The Hungry Hills can get you closer in growing to be precious person. By looking up and review this reserve you can get many advantages.

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