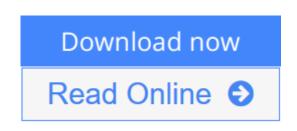


A Resilient Life: You Can Move Ahead No Matter What

By Gordon MacDonald



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"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-bystride, 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 friends who share their commitment to finishing well.

Because he has also run many long, punishing laps in the tough race of life, MacDonald is uniquely qualified to coach and encourage you in developing that resilient spirit—to weather adversity, to finish what you start, and to never be satisfied with anything short of God's best for you.

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Editorial Review

From Publishers Weekly

Starred Review. MacDonald offers sage advice to Christians in middle age and beyond, asserting that the greatest contributions God has for believers come during the second half of life. The prolific author and pastor tells how a high school track coach instilled values that laid the foundations for effective adult living. This wizened man taught the teenage MacDonald principles that have stayed with him for a lifetime: run with vision, look backward only to learn from mistakes, cling to self-discipline while giving distance to self-indulgence and find satisfaction in joining with others to make great things happen. MacDonald (*Ordering Your Private World* and *The Life God Blesses*) listened well to his mentor and sadly realized that he had inherited a "quitter's gene" from his family. In this book, he characterizes resiliency as being committed to consistently finishing strong. Those who nurture a big-picture view of life, he says, leave the weight of the past behind, discipline themselves to go the distance and run with a "happy few" who best embody the truest expression of lasting friendship. MacDonald's guide to embracing resiliency is especially practical as he describes running the entire life race with gusto, urging fellow Christians to enlarge their minds, harness their emotions and trim their egos. With a passionate yet humble voice, MacDonald's self-help guide is a classic, riveting read.

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About the Author

Gordon MacDonald has been a pastor and author for more than fifty years. He serves as Chancellor at Denver Seminary, as editor-at-large for *Leadership Journal*, and as a speaker at leadership conferences around the world. His books include *Building Below the Waterline*, *Who Stole My Church*, *A Resilient Life*, and *Ordering Your Private World*. Gordon and his wife, Gail, live in New Hampshire.

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