



Spread Too Thin: Opting Out of Frantic Living. Opting in to Lasting Peace

Ellen Miller

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You know the drill. Somebody asks, "How are you?" and you respond automatically: "Crazy busy!" "I'm exhausted!" "Running too fast."

And it's no wonder! Between the breakneck speed of your job, the one million family activities on the calendar, the volunteer luncheon you signed up to host, the growing to-do list on your phone, and the workout you've been meaning to get to for weeks--if you ever stopped long enough to think about it, you'd be curled up in the fetal position on the floor.

Life these days. It's exhausting, isn't it?

Ellen Miller gets it--and she wrote *Spread Too Thin* just for you. Whatever stage of life you find yourself in, you don't have to live it frantically. Written for women who care deeply and extend themselves selflessly, this 90-day devotional offers an honest look at the obligations that have drained us and then point us toward a more abundant life with Jesus. Through personal stories, practical insights, and classic Ellen humor, you'll discover that it is possible to find hope--and even peace!--throughout your harried, overcommitted days.

Spread Too Thin: Opting Out of Frantic Living. Opting in to Lasting Peace Details

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Author : Ellen Miller

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From Reader Review Spread Too Thin: Opting Out of Frantic Living. Opting in to Lasting Peace for online ebook

Fredonna Walker says

I won this book in a Goodreads Giveaway and was excited to see how a devotional would approach the topic of being overwhelmed with obligations. A couple of the entries touched me deeply, and I am grateful for that. Overall, however, I was not impressed by Miller's advice. From the introduction through the first 25% of the book (which is where I stopped reading), she gave the impression that you don't actually need to let anything go or say no to anyone because you can do it all if you have a healthy relationship with God. I've seen too many devout Christians burn themselves out to believe this. I eventually gave up trying to get into the book and gave it to a friend who was interested in it.

Lynn says

Are you so busy running you can't stop? Is running the race of everyday life feel like a losing battle? We get up, we race, we fall into bed exhausted, we repeat...friends...it's time to stop! Ellen Miller helps bring our minds and our hearts to a better place. A place of mindfulness, quietness and peace. This book isn't just a devotional, this book is dairy, a journal, a place where we can slow down, take a look at ourselves, our lives and most importantly our relationship with God.

I really enjoyed this book. The personal stories can't help but touch your heart at the same time as it touches your soul. This is soul work friends. 90 days of stories, Scriptures and questions. Take that moment to turn the first page. Day 5 was one of my favourites. The story of the little boy suffering from Prader-Willi syndrome, an illness where you are always hungry, never satisfied. That is us in today's society, always longing and hungering for me, for better, for the golden ticket. God is handing it to you my friends, you just have to slow down enough to reach for it. I so graciously received a copy of this book from Tyndale house for an open and honest review

Julia says

Spread Too Thin: Opting Out Of Frantic Living, Opting In To Lasting Peace by Ellen Miller is a 90-day devotional that showcases Ellen's own battles with being Spread Too Thin while trying to juggle her career, family, leisure, and time with God.

If you find yourself facing overwhelm and exhaustion on a regular (daily) basis, then Ellen's story of transforming her own life into an abundant and peaceful journey with God might just be the inspiration that you need. These daily devotions are laced with just enough scripture, prayer, and questions to help you relate her story back toward your own personal struggles to find contentment.

If you're looking for a hardcore bible study or workbook, this is not it. However, if you find yourself looking for a friend who has "been there" and is willing to look you straight in the eyes and tell you that there's still hope - then give this book a shot. If nothing else, you'll come out feeling not quite so alone, and you might just pick up a little peace along the way. 4/5 stars.

Disclaimer: I received a complimentary print copy of this book from the publisher for the purpose of this honest review. All opinions are my own.

Jen Lawrence says

I loved Spread Too Thin: Opting Out of Frantic Living. Opting In to Lasting Peace, a 90 day devotional by Ellen Miller (thank you, Tyndale, for the advanced copy, which I was slow to read since I'm spread too thin!) This is a wonderful book for anyone who feels too busy to enjoy God's grace and abundance. Miller writes from a personal and relatable place (plus, she's funny.) I felt myself nodding in agreement as I read the text. Each day gives a short and sweet reading to remind you that it's easy to get lost in busyness. It's a perfect book for if you're battling schedule stress and want to find a new approach to living.

Ellie says

This book has great advice for busy people and also contains nuggets of wisdom for people who aren't crazy busy. I expected the book to be completely about how to manage your schedule and how to say "no". The book did contain some of those things, but it also contained some solid spiritual advice to help us avoid being drained, regardless of how busy we are.

The book has 90 chapters, each containing one or two pages. It's definitely not too much for even the busiest of people to add to their devotions. I really like how the chapters are structured. Each chapter typically contains a story from Ellen's life, a Bible verse, and a few reflection questions.

Whether you are feeling drained from a busy schedule or just drained from doing life, I recommend this book. I think there's something in it for everyone.

Tyndale House Publishers provided me with a complimentary copy of this book. I was not required to write a positive review. All thoughts and opinions are my own.

The Book Girl (Andrea) says

This review was previously posted on The Young Girl Who Loved Books

This is the devotional I needed. I really enjoyed this devotional. It was inspiring and fed my soul. It came at a time my life was so busy I couldn't think straight. When life came to a crashing point and I was forced to relax a little. I found this book to be medicine I deeply needed. The author is super real and inviting. She gives valuable insight into how to pause and learn how to pace yourself. This book also taught me how to say no! Which is really hard in the world we live in now.

The book has 90 chapters, each containing one or two pages. So it is short and sweet for even the busiest person. The devotional is 3 months or 90 days and is broken into four parts:

+ Part 1 - Heart Conditioning

- + Part 2 - Mind Games You Can Win
- + Part 3 - Strength Training for the Long Run
- + Part 4 - Soul Searching for the Abundant Life

The daily devotionals have an inspirational quote to start out. Then you have some nice reading with follow up questions. There is a scripture to reflect upon, there is also a place to learn how to apply what you have read to your real life.

I want to put a note that the author did use quite a few different biblical translations. I prefer the King James Version but I didn't feel like she picked bad translations or took anything out of context.

Disclaimer: I received a review copy from the publisher. Tyndale House Publishers provided me with a complimentary copy of this book. All opinions are my own.

Tamara says

Thank you to Goodreads giveaway and the publisher for my ARC in exchange for an honest and fair review. I really needed this gem of a book in my chaotic life! I loved it! It contains so much helpful information and insight. I recommend it to anyone else who is super busy and has anxiety issues due to the chaos of it all. ????

Holly says

You know the drill. Somebody asks, "How are you?" and you respond automatically: "Crazy busy!" "I'm exhausted!" "Running too fast." And it's no wonder! Between the breakneck speed of your job, the one million family activities on the calendar, the volunteer luncheon you signed up to host, the growing to-do list on your phone, and the workout you've been meaning to get to for weeks--if you ever stopped long enough to think about it, you'd be curled up in the fetal position on the floor. Life these days. It's exhausting, isn't it? Ellen Miller gets it--and she wrote *Spread Too Thin* just for you. Whatever stage of life you find yourself in, you don't have to live it frantically. Written for women who care deeply and extend themselves selflessly, this 90-day devotional offers an honest look at the obligations that have drained us and then point us toward a more abundant life with Jesus. Through personal stories, practical insights, and classic Ellen humor, you'll discover that it is possible to find hope--and even peace!--throughout your harried, over-committed days.

Um, yeah. So my best friend saw that I was reviewing this book, and all she had to say was "It's about time." There seems to be a general consensus that this Type AAA crap needs to find the light at the end of the tunnel...and that maybe I can get there through a book. Here's what I know - this book didn't fundamentally change me, but it did put a bug in my ear that it is OK to change. It is OK to say, "I surrender." It is OK to be happy being good enough. I mean, we all hear it, but the author does a great job of connecting with the reader, and understanding exactly where this busy-ness is coming from, deep inside, and then taking it even further and offering tangible steps (and reasons behind them) for allowing yourself to step back. Written in the format of a life story, coupled with assessments and quizzes for you to challenge yourself, it also has scriptures sprinkled throughout the text. I like that the book is written in small segments, designed to be read over a period of a few months...because, you know, we're busy. We don't always have time to sit down and read a long chunk! This book gives you bite-sized morsels to chew on throughout the day...maybe as you're in the car running errands.

Leslie Holland says

Real & unvarnished

I would recommend this book to anyone, Christ followers or not, whose lives have become too frantic. Good perspective from someone living in the real world. Unvarnished truths from a real person, not a "church lady". Just a real child of God trying to embrace peace over frantic living.

Amy says

I really enjoyed this devotional. The stories and topics she writes about are down to earth, real life stuff. Ellen gives hope for balancing life and all the "stuff" we have to do. She has experience in multiple areas like raising children, being a working mom, wife, and much more. I was able to relate to many of the things she wrote and found myself encouraged and refreshed from reading the daily devotionals.

This little devotional is a great way to start the day, or I kept mine on the bathroom shelf for a quick read on occasion (maybe I shouldn't say that, some people think it's weird to keep books in the bathroom). I loved her humor and style, and I look forward to reading more of her books.

I loved her humor and style, and I look forward to reading more of her books. I was blessed with a copy of this book from Tyndale Blog Network. I was not asked to review it positively. All opinions are my own.

Amanda Tero says

Every single family member who saw me reading this book gave a little grin with, "Yep, that's your book." Ellen Miller hits the nail on the head with the subject (and title) of this book. Today's women are definitely spread too thin, trying to go too many directions at once, and lacking the peace and joy that God yearns for us to have.

This was very easy to read. Because I was reading this for a deadline review, I didn't do the devotional in 90 days, as intended—but I can see where the 1-3-page devotions would be perfect for just that little "gem" to get your day started on the right foot and your heart refocused. Not all of the devotionals were applicable to me as a single gal, but there was still a lot of great soul-searching content.

A few of the devotionals sounded very "modern Christianity" about accepting/knowing your worth, etc. but in context, I don't think it was over-done. Just a little, "Hey, don't beat yourself up because you're a child of God." Overall, though, this did take on a more modern Christian woman viewpoint. In some ways, Mrs. Miller explained how sometimes we're "spread too thin" because we're not accepting the calling God has given us—but she really didn't go into what a woman's calling is, or what the role of a woman should be Biblically. It was just more of how to balance things in your busy life. It's not a book that I think would really get on people's toes in that aspect (which, I personally could have taken a little more Biblically backing for what womanhood should be, but I realize this may not have been her intent in the book).

The author did reference quite a few Bible translations, and I prefer the KJV, but I didn't find she took any Scripture out of context.

So overall, a good devotional book. Sometimes in devotional books, the authors will throw a few cringe-worthy examples (speaking of content-cringing, not Spiritual truth-cringing), and this book was wonderfully lacking in that area! I handed it to my teen sister without any disclaimers or "skip this chapter."

To finish; a quote:

"Gratitude—not talent, money, prestige, or any other things we might hope for—can do the most for resetting the mind, heart, and soul toward abundant living." (Page 71)

I received this book from Tyndale House Publishers and happily provided my honest review

Nay Denise says

Early copy sent for review.

Ellen Miller is a phenomenal writer! This is my second devotional from her, the first being Inspiration for Girlfriends which was phenomenal. This devotional is just as great! The focus of this devotional is to get that every day woman (*a mom, entrepreneur, career woman, etc*) to stop living a frantic life, but to live in lasting peace. The devotional is 3 months worth (*90 days*) and is broken into four parts:

- + Part 1 - Heart Conditioning
- + Part 2 - Mind Games You Can Win
- + Part 3 - Strength Training for the Long Run
- + Part 4 - Soul Searching for the Abundant Life

Each daily devotional starts with a title then gives you a quote. Next you get a nice devotional from Ellen followed by questions, a scripture and a closing paragraph with a bit thought on how to apply what you read to life.

I enjoyed this devotional. It is one of those devotionals that really make you reflect on your life and how much you are doing. Sometimes I can clog my calendars and planners with work when I should be pacing myself instead. I love the personal insight Ellen gives and how her writing is very real and cheerful. I love the questions and the few spaces to journal because they really help me dive deep and I use them as a prompts for my prayer journal.

I recommend this and love this. Definitely one to have on your shelf!

Clara says

I adored this book! I felt like it was completely what I needed at this moment of life. And I believe it can minister to anyone in this demanding century. In a society with great expectation to produce, to do, to have, can we find space to just be? To relish the journey and remember why we're doing what we're doing, why we're doing the way we are doing, and to Who goes all honor and glory?

Written with honesty alongside quotes and questions to guide our reflections, this book can help us refocus not because it has any secret recipe, but because it points us back to the One who gives us life, and life to the

fullest.

I read it quickly for review, but I'm off to re-read following the 90 days plan.

* I received a review copy from the publisher. All opinions are my own.
