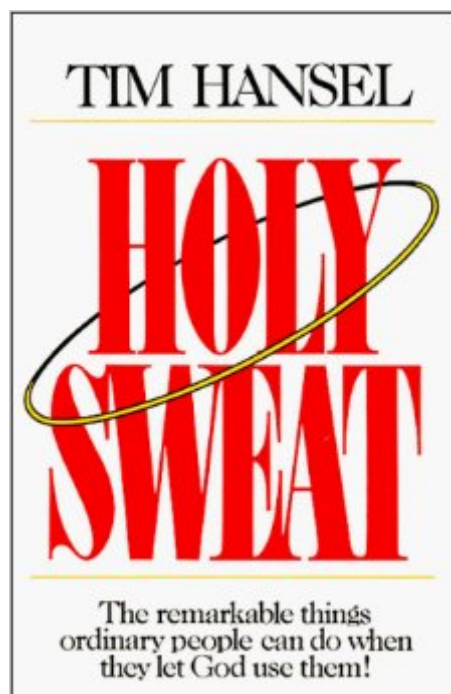


The book was found

# Holy Sweat!



## Synopsis

In *Holy Sweat* author Tim Hansel gives the ten keys to personal peak performance: start, vision, goals, courage, teamwork, excellence, the ability to fail, perseverance, joy, and giving it all away. Hansel puts flesh and bones on these keys in an exciting way. Peak performance, as represented here, is not an achievement but a process. Any person who is struggling to stretch any area of his or her life in a positive direction is a peak performer. And the ultimate purpose then of peak performance is to give it all away, for Christ's sake.

## Book Information

Paperback: 198 pages

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Product Dimensions: 8.5 x 5.6 x 0.6 inches

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Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (21 customer reviews)

Best Sellers Rank: #1,008,434 in Books (See Top 100 in Books) #108 in [Books > Christian Books & Bibles > Christian Denominations & Sects > Protestantism > Inspirational](#) #48884 in [Books > Christian Books & Bibles > Christian Living](#) #198734 in [Books > Religion & Spirituality](#)

## Customer Reviews

I am puzzled by other customer reviews' focus on the outdoors references in Hansel's book, as though that was what the book was all about. Hansel challenges us to personal growth in all stages of life, to find God's leading, to take risks and achieve goals, enabled by the Holy Spirit to do what we had not imagined we could. My own experience of risk has more to do with leading Bible studies than mountain-climbing, but I find Hansel's examples of risk-taking compelling and challenging to me in my own sphere of activities. As for the lack of more extensive Scripture references, I do not consider a book's value to be in direct proportion to the number of quotations from the Bible. God also teaches us through the example of people who model Christian virtues such as perseverance and choosing joy in the midst of trials, and this book provides a wealth of such examples.

This is a book I re-read once a year. It has a positive, practical outlook on how God expects us to be

successful. It has helped me put life in perspective by allowing me to see the way each moment makes up our lives; there is not one big moment that we need to wait for to start living. Our actions and responses to "living" is how we reveal God to our world.

I came upon this book by accident -- it was on a bookshelf of a B&B where I was staying. I've since bought several copies and have given them to friends. This book isn't about bible study, it's about an active person who found that for those of us who are already living well -- climbing mountains and with successful lives -- can still find something in Christ to STILL motivate us. So much of what is written in other books is dry biblical study, or saccharine sweetness about Christ as if he were Santa Claus. This book, however, speaks to COMMON SENSE about how easy it is to embrace Jesus, and to look in the bible for guidance. After reading this book, I bought OTHER books to help me with my bible study -- but I never would have done it without this fresh perspective of easy common sense regarding God and Jesus and the whole gig of being a "Christian." I recommend it!!

I have read this book several times. It is underlined and written in on many pages. I recommend this book to anyone who seems to have lost their zeal for life. Tim is a man who knows how to motivate and inspire anyone who wants to do more than just 'get through life.' If you are having troubles, suffering or just feel like quitting. This book will get you going and keep you going. By the way this is not just another inspirational book - it is a book that will keep you living now with your eyes on the ultimate reward in heaven. I can't imagine anyone not being built up by reading this book.

This is one of the BEST books I have ever read. Period. The best. I read a lot and have been a born again believer follower of Jesus for more than 30 years and everyone who wants to know Jesus more and really live like a disciple needs this book. You don't need to be an athlete either ;)

I have read this book every 3 or 4 years for the last 15 years. I am due to read it again and have ordered copies for two special friends so we may discuss the book and our personal growth. As it has been several years I can only say it is with great honor that Mr. Hansel given away his gift of understanding in a way that I understood what servant leadership was. To lead by example is one thing, but to lead others by giving away the tools of leadership, is what Christ did. We each have an opportunity every day to give it away, to give the shirt off our back or the love or guidance needed by another. Some day's they only need validation... Thank you Tim Hansel, David

After reading this book I found it to be a good source for some practical applications in my life. However, I did find it to be a bit weak in using scriptural support. A lot of good quotes from many good people, but not based strongly on the Bible. The concepts are of good value tho.

Mr. Hansel spins a marvelous book . . . while perhaps thin on scriptural reference, is chock full of wonderful devotional material and program ideas for outdoor ministry and for youth alike. It's an excellent read.

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