

LEAD WELL

BOOK REVIEW

The Next Right Thing

Emily P Freeman

KEY PRINCIPLE

Use the mindset of doing the next right thing to reduce decision fatigue.

HIGHLIGHTS

Nothing gets our attention like an unmade decision: Should I accept the new position? Which schooling choice is best for my kids? How can I support my aging parents?

When we have a decision to make and the answer isn't clear, what we want more than anything is peace, clarity, and a nudge in the right direction.

If you have trouble making decisions, because of either chronic hesitation you've always lived with, or a more recent onset of decision fatigue, Emily P. Freeman offers a fresh way of practicing familiar but often forgotten advice: simply do the next right thing. With this simple, soulful practice, it is possible to clear the decision-making chaos, quiet the fear of choosing wrong, and find the courage to finally decide without regret or second-guessing.

Unmade decisions hold power. They pull, push, interrupt where they aren't wanted and poke us awake at night. They can turn us into strange versions of ourselves.

Whether you're in the midst of a major life transition or are weary of the low-grade anxiety that daily life can bring, Emily helps create space for your soul to breathe so you can live life with God at a gentle pace and discern your next right thing in love.

Kathy Crockett
+ CO