



# The Well-Balanced World Changer: A Field Guide for Staying Sane While Doing Good

*Sarah Cunningham*

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**What happens when idealism and reality crash into each other (and you)?**

If you have ever passionately invested yourself in living your faith, championing a cause, or representing some noble ideal, you've probably experienced a faceoff between *idealism* and *reality*.

Society often recognizes its deficits—poverty, crime, divisiveness, anxiety, excess—yet it rarely celebrates the rise of people who want to change those shortcomings. Still, many of us chip away at the world as it is, believing that a better world is possible.

While in that place where we work to see good come about, we meet resistance almost daily: between dreams and disappointment, between wholeness and dysfunction, between past and future.

This can lead to frustration, bitterness, disillusionment, loneliness, and exhaustion. It can lead to people abandoning the church, faith, and God. . . or just becoming more passive, less passionate versions of their former faith-charged selves.

Don't give in! This book is your survival guide. You can champion your cause and your faith, even in a broken and dysfunctional world. Stay in the race and take this guide along as source of fuel, rest, and encouragement along the way.



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