



The Power of a Half Hour: Take Back Your Life Thirty Minutes at a Time

Tommy Barnett

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Turn your fleeting minutes into defining moments.

What can you do in 30 minutes? Have lunch? Watch television? Check Facebook?

How about change your life?

Why do some people achieve far more than others? We all get the same 24 hours in a day, yet a special few seem to have superhuman abilities when it comes to accomplishing great things in life.

Tommy Barnett, a proven master at “getting things done,” says the key to maximizing your productivity is to make use of small, manageable moments in your day—just 30 minutes at a time. In this remarkably practical book, Tommy shows how to begin a whole new life of fruitfulness. You’ll see immediate results in all areas of your life, including your—

- Purpose and values
- Personal goals
- Faith
- Character and attitude
- Dreams
- Career
- Relationships
- Marriage and family
- Church involvement and ministry

Why not change time from being your worst enemy to your everlasting friend? It all starts with the amazing things you can do in only a half hour. Through inspiring stories and biblical principles, discover how your downtime can have a major upside.

Get going—you don’t have a minute to lose!

The Power of a Half Hour: Take Back Your Life Thirty Minutes at a Time Details

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Author : Tommy Barnett

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From Reader Review The Power of a Half Hour: Take Back Your Life Thirty Minutes at a Time for online ebook

Natalie Hogle says

?????

Book: The Power of a Half Hour

Author: Tommy Barnett

This book was very good! It inspired me to maximize my time & be intentional with how I spend my half hours. For the most part, it was very applicable, aside from the marriage & parenting chapter or two. I really enjoyed it & the whole concept of maximizing your small time slots to encourage others, further the kingdom, & grow as a person.

Roger says

A waste of time. . . Yeah-for-me book (see how cool I am, how I turned into a big time evangelist, lesson in pride) with the title of a self improvement book. Read the outline and you will get all of the self-help info there is. Better yet, find a real self improvement book elsewhere.

Buffy Greentree says

Did not realise when I started listening to this audiobook that it had a strong Christian message, but I was impressed with the integrity of the author in integrating the spiritual and practical.

The book is filled with a lot of generally good advice, interspersed with interesting and engaging tales.

Sometimes the message feels a bit forced within the 30minute time frame, but the point is always useful.

Recommended for those who want to be reminded how to focus.

Erin says

To be honest, I did not finish this book. Overall, the author has some good ideas and some great stories. But it seemed a bit contrived after awhile. All of his stories showed how magical things can happen in a half hour. Part of the reason this didn't ring true to me is that I could only think of a mom with young kids, desperate for a half hour to take a shower or eat a meal. She doesn't have time for a half hour of complete silence to think about her purpose in life plus a half hour to think about people she needs to forgive plus a half hour to call all of those people, plus THREE half hour sessions a day to pray, read the Bible, and worship. Those are all wonderful things, but not everyone can manage all of that in a day. I appreciate his main idea, and I will attempt to be more aware of my free half hour pockets of time and try to make them more productive. I will especially try to carve out a half hour every morning for prayer and Bible reading. But beyond that, I felt like the reader might get the idea that wonderful/amazing/perfect/miraculous things will happen to them if they just focus a half hour of energy toward something they want. It felt too much like a secular self-help book with some Bible verses scattered throughout.

Heather says

Lots of ideas and thoughts on how to have a more positive life and being positive to others around you as well as time for you. This is a spiritual type book however written in inspirational ways with some scriptures. In short, the main idea is to spend 30 minutes with your children, yourself, your spouse, and things that will make life better is always a positive thing. Try it!

Happy Reading, Heather

Lyn Richards says

The book title and description is very misleading. Whilst the book does have some snippets of tips on managing time and getting more out of life, this is really not the primary aim of the book. This is a Christian book aimed at getting people to be more spiritual, written in the guise of time management. Improving a persons spirituality might by its very nature lead to a more centred and fulfilled life. I became very dubious in some of the messaging and don't think I would want my kids reading this book, especially in areas labelled as being more humble as the examples provided would make people with low esteem become doormats.

Sections throughout the book containing direct conversations with God where he responds with specific and direct guidance left me wondering why I continued to read this book. Don't get me wrong I have faith, maybe I am just not fortunate enough to have had such specific guidance and advice.

What did I get from this book, create a personal action plan and then follow through and be more thoughtful about how you spend your day, chunking it up into half hours. I really don't think this book added much value to my personal time management. I was also reminded that there are others in this world who very much need our compassion and assistance, and churches and ministries play a very big part in this sphere.

I also question the values of a church or ministry where parents wont let their kids go to the movies but would let them watch movies at home. Or a church that was so strict about women not wearing makeup that it almost ruined Pastor Tommy Barnett's marriage.

From a time management point of view, don't use any of your half hours reading this book if you are after advice on time management and goal setting. This isn't the book for you!

Mary Lou says

I gave up on this book when I realized that the premise was merely a gimmick. This book was all about prayer and making good, biblically based decisions, which is fine, but I was looking for a book about productivity and time management. The half-hour business in the title was contrived. Every anecdote was conveniently traced back to a 30 minute meeting or prayer session in which a good or bad major life decision was made. It could have easily been a minute, a week, or a year, but those don't rhyme and, frankly, fewer people would have bothered picking up the book. If you're looking to strengthen your spirituality and give it a bigger place in your life, read on. If you're looking for the time to get the dirty dishes out of the sink before you fall asleep at night, start by putting this book back on the shelf.

Hadi says

I'm okay with time management books (which I thought this was). I'm okay with books on religion. I'm okay with books on evangelical christianity. I'm not okay with a book on evangelical christianity that sells itself as a time management book.

Linda Joy says

Oh my stars. This book was actually one of the worst I have read. It felt like all this guy wants is a big ol' cookie for being such a great person. Like "I just wanna pat myself on the back in another public way." No, sir.

Brooklyn Cribdon (Kemp) says

I actually only made it through half of this book. I knew the author was a pastor and there would be some discussion of God and religion, but based on the introduction, I was under the impression that this discussion was not at the forefront. My impression was wrong. I think this could be a great book for some one who is religious or has a strong sense of faith, but that isn't me. I found that many of the stories told in the first half of the book were conveying the same sort of message and I was looking for something different, more tangible, and more useful for my own life.

James says

If we dedicated some time—even thirty minute increments, towards impacting our lives—clarifying our purpose, strengthening our faith, building our character, advancing our dreams, improving our relationships, or changing our world—we would be completely different. We would have a significant impact on those around us and live significant lives before God and others. We would live our dreams and do the sorts of things we wish we were doing now.

Tommy Barnett is the senior pastor of Phoenix Assembly of God. As a pastor, he has 'devoted his entire adult life to helping people connect with God and find better ways to live' (vii). What is Barnett's method for helping people achieve their full, God-given potential. It is two things: time and intentionality. In *The Power of a Half Hour*, Barnett advocates carving out 30 minute time frames for: personal development (part one and two), cultivating spiritual health (part three), moral formation (part four), achieving success (part five), attending to our relationships (part six) and changing the world (part seven). Each section of his book is made up of pithy chapters meant to inspire you to invest your time and intention in growing in that area. The end of the book contains thirty, thirty-minute action plans which help readers put the book's message into practice. There are also questions for group discussion corresponding to each section.

Barnett offers some good advice: if you want to make, real lasting change to your life, grow spiritually and impact those around you, it will require time and intention. Carving thirty minute increments devoted to

personal growth seems like great advice. Barnett also illustrates this with countless stories of lives he impacted through consistently investing thirty minutes (for prayer, for reflection, for relational encounters, etc). Half an hour is a magically time frame because it is short enough to not feel burdensome, and long enough for something substantial to happen. I found lots of practical insights in this book.

However I did find Barnett's recipe for personal success overly simple. Many of the stories he shared recount thirty minute personal encounters and prayer times. Yet these are only part of the picture. The effect of his thirty minute plan is cumulative. People change because of their continuing commitment to a set of principles, practices, and persons. Barnett understands this (as many of his examples attest) but the thirty minute rhetoric does not bear the freight of his message. I found myself agreeing with much of Barnett's advice while feeling like his account of personal transformation was somewhat truncated by the temporal constraints he puts on each growth opportunity. Perhaps he just finds it easier to think in half hour chunks, but I don't.

I think there is some helpful insights in here and I found myself touched by several of Barnett's stories, but I did not resonate with the overall tenor of the book. I think that his action plan will be helpful for those seeking to make significant change to their lives. I give it three stars.

Notice of material connection: I received this book for free from the publisher in exchange for my honest review.

Sara says

I picked up this book because I thought it was about personal development- it's mostly about the Bible, heaven and service. It was fine until the creationist part "we were here for 10,000 years.." No not according to science. Authors should be honest about their content and not sell a book on religion disguised as self help book.

Kathleen says

From the title, I guessed this book was about being more productive in a short amount of time. It turns out I was quite mistaken. Each anecdote could have fit into any other time frame but for the purpose of this book, the author chose half an hour & repeated the phrase 'thirty minutes' or 'a half hour' in every third sentence or so. Unfortunately, the book was full of religious lectures. If you are looking for a book that can guide you to being more effective with your spirituality, this will do the trick. If you are looking for a book about time management & improved efficiency, give this one a miss.

Ron Moore says

This book is hard to review. For my Christian friends, maybe it is worth four stars. For my non-Christian friends just one star or less. Other non-christian mono-theists maybe able to find it relevant if they consider their own deity and holy texts in place of God, Jesus, and the bible, but I simply don't know and

cannot say for certain. The book is maybe 5% informational and 95% devotional. It is written by an extremely devout evangelic pastor who places conversion (especially among the lowest of us) as priority, need I say more?

Non-Christians can save themselves several half-hours by simply not reading the evangelizing book. Information applying to Non-Christians can be pulled out of the chapter titles alone, though if you do a deep dive you will find a few bits of information that applies to everyone. I would suggest spending the time researching elsewhere, seeking other books on time management, efficiency, strategy, and relevant concepts that you hoped to gain from this book. A few podcasts or even a pamphlet will be far more informative for the non-Christian readership group. But, I did find a few concepts interesting.

However, for Christians (especially evangelicals), the book very much reads like a devotional, like one giant sermon on how your half-hours can be either wasted on sins, like sloth or worse, or better spent devoted to God. How a half-hour can change your life, good or bad, or help change the lives of others or even chasing your dreams which apparently God placed there for you to guarantee success. I like a few concepts in the book, but it was most definitely written for the Christian crowd and only the Christian crowd.

I don't remember who recommended this book to me, a Christian friend no-doubt, but if I could remember who I would probably disregard all their recommendations in the future. I tend to not read anything evangelical, anything that wants to replace our religiously free and diverse laws with the "Christian State" mentality (I should knock a star off for the author's brief insinuation of this alone, but I won't), or anything that references God and Jesus more than the bible itself!

Susan Heim says

Didn't really know what I was getting into with this one - thought it was going to be a basic time management/productivity pep talk. It was that but the talk was given by the pastor of an evangelical mega-church so it also included lots of his ideas about religion. It was super short - started and finished it on the ride home from Atlanta to Beaufort (on 1.25 speed) and it gave me a few things to think about and try to practice in my life.
