

# BIO

## AUTHOR BIOGRAPHY



**Fil Anderson** is executive director of Journey Resources, based in Greensboro, North Carolina. He was trained through the Shalem Institute for Spiritual Formation and is a frequent speaker at conferences, offers individual spiritual direction, and directs retreats and workshops around the country.

He is the author of *Running on Empty: Contemplative Spirituality for Overachievers* (Waterbrook). He also contributed to *Transformation of a Man's Heart: Reflections on the Masculine Journey* (IVP).

*"I've discovered the implausible promise that God has broken into our brokenness to find us, yet there is no guarantee that God will paste our messy, fractured life back together the way we want him to. To the contrary, brokenness is the key that unlocks the life we long for."*

—Fil Anderson, *Breaking the Rules*

A graduate of the University of North Carolina at Wilmington and Fuller Theological Seminary, he also completed the Graduate Program in Spiritual Guidance at the Shalem Institute for Spiritual Formation in Bethesda, Maryland.

Anderson worked with Young Life for twenty-five years, serving as area director and regional director before becoming national director of training. He and his wife, Lucie, live in Greensboro with their three children.

*Breaking the Rules: Trading Performance for Intimacy with God*, 220 pages, hardcover, 978-0-8308-3537-9, \$22  
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