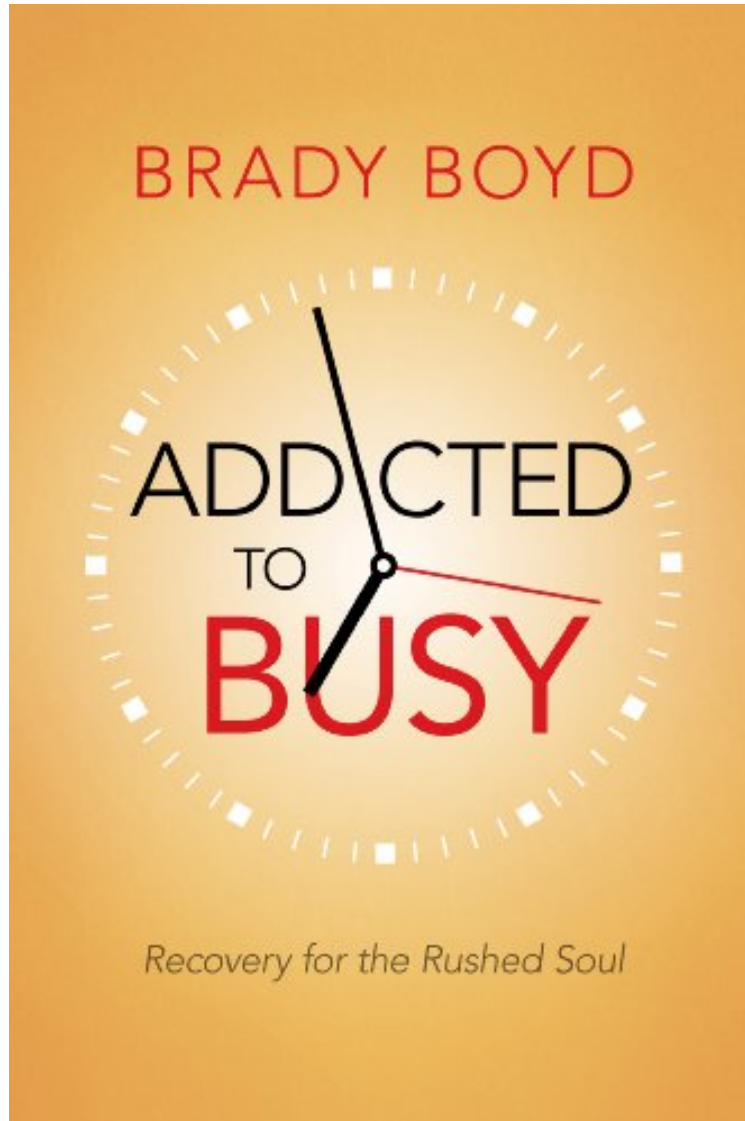


[E-BOOK] Addicted to Busy: Recovery for the Rushed Soul

## Addicted to Busy: Recovery for the Rushed Soul

*Brady Boyd*

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**Brady Boyd : Addicted to Busy: Recovery for the Rushed Soul** before purchasing it in order to gage whether or not it would be worth my time, and all praised Addicted to Busy: Recovery for the Rushed Soul:

4 of 4 people found the following review helpful. I've recommended "Addicted to Busy" to a women's ministry that has ...By Dawn M. WilsonWe so often toss around the phrase "life-changing" when we discuss books. But is it really? Are our lives really changed, or do we return to life as usual? This book altered how I think and live. "Addicted to Busy" challenged my regular justifications about busyness and stress, moving me to rethink my priorities, change my schedule, and intentionally plan more time for God, family and rest. It has relaxed my soul by giving me a deeper desire to follow the life-rhythms of Christ. I tell people I'm learning to work efficiently, but rest sufficiently. I read this

book on Kindle, but I'm going to buy a paperback and read it/mark it up on a cruise (part of my intentional relaxation strategy). I've recommended "Addicted to Busy" to a women's ministry that has silent retreats to focus on rest, and I continue sharing quotes from the book with family and friends. I can't wait to read more books by Brady Boyd. His words of wisdom resonate with peace-hungry, rushed hearts because they are both biblical and practical. 3 of 3 people found the following review helpful. Glad I Read It! By Anna Excellent! I tend to feel guilty when I do relax. I also don't always know how to relax (especially being a multitasker). This book not only confirmed for me that I need to rest - but then explained the type of rest I should be enjoying and the type of rest that is most profitable to me and other around me. In fact, I am affecting others when I properly rest, because by taking time out for it, I am in a better condition to help others. 0 of 0 people found the following review helpful. Somehow I feel like I had more time this weekend for having done ... By Evelyn Hemming This book challenged me to slow down and have unrushed "bedhead days". As a result of reading this book, I am setting aside Saturdays as my Sabbath / bedhead day to connect with God and others and rest, and Sundays as my errand day / prep day for the upcoming week. Somehow I feel like I had more time this weekend for having done this! I highly recommend this book for those who feel like having a full calendar or long to-do list is necessary.

We are all spread too thin, taking on more than we can handle, trying to do so much - almost as if we are afraid that if we were to take a moment of rest, we might discover that all our busyness is covering up an essential lack in our lives. But God never meant for us to be so busy. God desires for us to have rest and peace. Brady Boyd shows you how to live a life that embraces stillness and solitude, so you can find the peace that God wants for you. Brady Boyd is senior pastor of 10,000-member New Life Church in Colorado Springs, Colorado, and author of *Fear No Evil* and *Sons and Daughters*. He is a contributor for ChurchLeaders.com and The Huffington Post. He is married to his college sweetheart, Pam, and has two teenage children, Abram and Callie.

About the Author Brady is the Senior Pastor of New Life Church in Colorado Springs, Colorado. He is the husband to Pam and dad to Abram and Callie. He has lived in Texas, but was born and raised mostly in Louisiana which explains his obsession with LSU football. Follow Brady on Twitter @pastorbrady or check out New Life Church at [www.newlifechurch.org](http://www.newlifechurch.org)