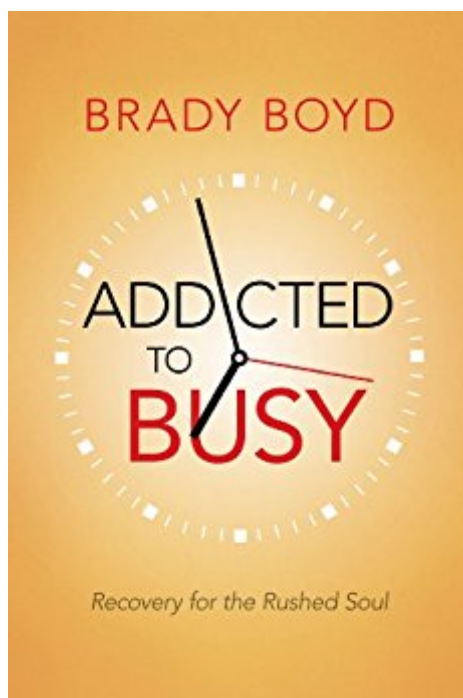


The book was found

Addicted To Busy: Recovery For The Rushed Soul



Synopsis

We are all spread too thin, taking on more than we can handle, trying to do so muchâ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.

Book Information

File Size: 1330 KB

Print Length: 210 pages

Publisher: David C. Cook (September 1, 2014)

Publication Date: September 1, 2014

Sold by:Â Digital Services LLC

Language: English

ASIN: B00IZQWZEA

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #91,711 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #13 inÂ Kindle Store > Kindle eBooks > Religion & Spirituality > Christian Books & Bibles > Christian Living > Stewardship #21 inÂ Kindle Store > Kindle eBooks > Religion & Spirituality > Christian Books & Bibles > Ministry & Evangelism > Preaching #44 inÂ Kindle Store > Kindle eBooks > Religion & Spirituality > Christian Books & Bibles > Christian Living > Professional Growth

Customer Reviews

We 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.

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.

I very rarely say that a book has changed my life, but I really have a different perspective on mine after reading this. There is a craziness in our hectic lives that we just accept, never questioning why we're always so stressed and tired. It doesn't (and shouldn't) have to be this way. The author shares personal experiences and gives practical advice for taming a lifestyle that is honestly killing us. While I certainly haven't rewired all of my overachieving and unhealthy patterns yet, I am thinking differently about my life and already have more peace.

I bought this book but it sat in my library for a month as I was too busy to read it. Then, an injury slowed me down, and I decided it was time to give it a read. I finished it in in two days - just couldn't put it down. It's a fantastic read, and it will challenge and encourage you along the way. Full of practicals, it also uses the truth of Scripture to remind us what it looks like to live in God's true rest.

We could all use an eye opener in this fast paced, distraction filled, and tech driven world. Addicted to Busy brings you back to square one of what is really the most important. God, family, fellowship, and personal value are met with open arms and a surrender of egotism. You will do well to read this book and let Jesus show you how to breathe again.

This book was a treat. Brady told his story of finding rest in an impacting and encouraging manner. I

enjoyed his insights and the template of reviewing and applying rest to my own life at the end of each chapter. It isn't about just finding rest, it's about living well.

I absolutely loves this book

Probably one of the best non-fiction books I've read. Brady has an easy to read, familiar tone, and so many of the statements in this book rang true in my life. We have made an effort to slow our lives down and try to appreciate the small things since reading.

[Download to continue reading...](#)

Addicted to Busy: Recovery for the Rushed Soul
Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean Book 4)
World Rushed In
Lupus Recovery Diet - The Natural Lupus Recovery Solution: (Recover from Lupus with the Lupus Recovery Diet)
Muscle Recovery: Tips for Faster Muscle Recovery, Growing Stronger Muscle and Overcoming Muscle Soreness (Muscle Growth, Muscle Soreness, Workout, Workout Recovery, Muscle Strength)
Healing the Addicted Brain: The Revolutionary, Science-Based Alcoholism and Addiction Recovery Program
How to Sneak More Meditation Into Your Life: A Doable Meditation Plan for Busy People (Yoga for Busy People)
Preschooler's Busy Book: 365 Creative Games & Activities To Occupy 3-6 Year Olds (Busy Books Series)
How to Sneak More Yoga Into Your Life: A Doable Yoga Plan for Busy People (Yoga for Busy People)
Japanese for Busy People I (Japanese for Busy People)(Revised Edition) (Vol 1)
Japanese for Busy People III: CDs (Japanese for Busy People Series) (Pt.3)
Japanese for Busy People II: CDs (Japanese for Busy People Series) (Pt.2)
Busy Zoo (Busy Books)
Busy Airport (Busy Books)
Busy Kitties (A Busy Book)
Busy Builders, Busy Week!
Busy Penguins (A Busy Book)
Busy People Cleaning And Organizing: A Collection Of Guides For Busy People To Organize And Get Stress Free By Getting Rid Of Clutter
Busy Horsies (A Busy Book)
The Toddler's Busy Book: 365 Creative Games and Activities to Keep Your 1 1/2- to 3-Year-Old Busy

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)