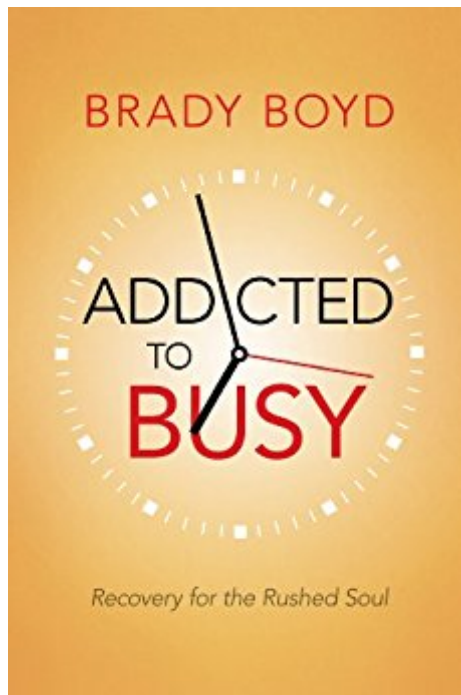


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# Addicted To Busy: Recovery For The Rushed Soul



## 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.

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## Customer Reviews

"Addicted To Busy" is another title in a series of books on a topic I feel is way overdue from Christian authors - learning to slow down and rest and enjoy life in the Lord. Granted, I have been guilty of trying to work myself hard to please the Lord to the point of exhaustion and learned my lesson several years ago. Unfortunately, many in church and the corporate world seem to measure

a person's true worth by their productivity and time at the office or church. Fortunately, I have improved in this area by realizing there is only ONE that needs to be ultimately pleased - Jesus Christ! Trying to always please others, whether family, employers, church members, etc. is an impossible task - someone is going to get upset with you, no matter what you do. The book is around 200 pages, is written by a pastor, and can be applied to anyone, regardless of position, title, or responsibilities. Among the points covered include: 1. Many of our problems are due to the speed of life and our unwillingness to slow down. 2. True rest is found in God and nowhere else. 3. Being the person God created you to be and not trying to impress others will give you rest. 4. God wants us to live well-rested lives. 5. Jesus was able to listen well to the Father by intentionally withdrawing from life to spend time alone. 6. Many of God's blessings come to those who are willing to spend time alone with Him ("AMEN" to that!). 7. Be careful of the legalism that keeps you from enjoying rest. 8. When we try to rest, expect resistance from your own flesh and the devil. Read, enjoy, and be encouraged and challenged to spend time alone with the Lord, be more concerned about what He thinks about you, and relieve yourself of the tyranny of trying to always please others. Recommended.

Written from experience, this book dives into a problem many (if not most) face who are either Type-A or have a hard time telling people "no" when asked to do something. (Or, worst yet, Type-A folks who are asked to do things!) I don't know how true it is, but I've read that only about 20% of a church body ends up doing 99% of the work...so this book is for them! As with all problems, of course, the Holy Bible has the solution and this is talked about in the book. Pastor Brady describes his own journey of learning to love the Sabbath and quiet time and priorities and also of the art of saying either "no" or "not now". (Since becoming our Pastor at New Life Church, Pastor Brady often tells us to go home and take naps after his 11 o'clock sermon!) You busy folks will enjoy his stories and personal experience with this issue and, hopefully, do some self-inspection/evaluation and learn the blessing of rest and relaxation and setting personal boundaries and limits.

Excellent! In simple truth, Brady Boyd delivers a powerful message that isn't very popular in today's world. Peace, rest, stillness, and calm aren't commonly reflected in a world that encourages fast, chaotic, and busy. Society throws many demands our way -- competing for our attention, urging us to rush from one "thing" to the next, leaving a trail of broken relationships, careers, and even faith in the God who Himself modeled the concept of rest. We all need to hear that being busy isn't the wisest way to live. The man who spends 80-100 hours a week in the office may be working harder,

but that isn't necessarily working smarter. The woman who races home from work to shuttle her children from practice to event to party isn't necessarily modeling a life of peace, patience, rest, or self control. And, when the two of them finally meet at the end of a "busy" day, do they come into each other's arms feeling rejuvenated, or even connected? We all make choices every day to say "yes" to good things, yet inadvertently we say "no" to great things. Brady brilliantly teaches us how to choose to say "yes" to great things, like bedhead days - the times when we make a priority out of choosing rest. Instead of packing our schedules so full that we need personal assistants to remind us when and where and what we're "supposed" to be doing, what if we stopped? What if we refused to live up to the expectation that "busy" equals success and realized that each time we say, "Oh, I'm simply swamped this month" we are choosing to leave no room for what really matters. If Jesus regularly scheduled downtime, voluntarily withdrawing from expectations and schedules, do we think we know better than the Son of God?

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 am thankful for this book that goes against the flow of "busy". We live in a world so obsessed with doing, running, and activity-and the church world is often guiltier of this than those who want nothing to do with it. Brady Boyd pinpoints the reasons for all this frenetic activity and how we need to break out of the busy lifestyle to peace-and why. With weekly challenges, this isn't just a read-and-forget-it book, but one you can truly begin to incorporate into your life. I anticipate I will need to read this book more than once.

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