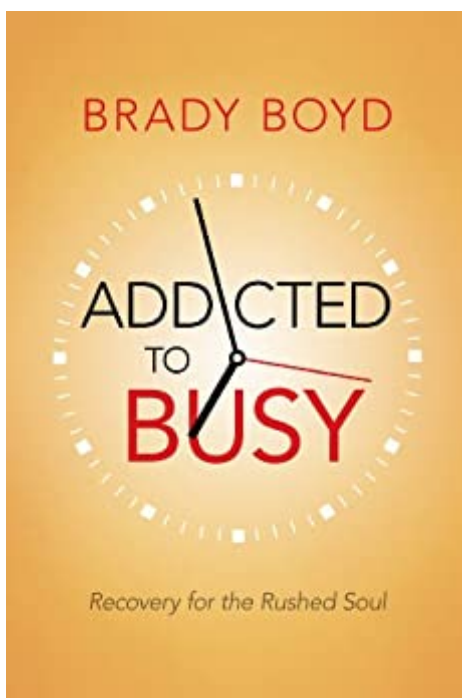


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# Addicted To Busy: Recovery For The Rushed Soul



## Synopsis

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

## Book Information

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## 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.

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