



Addicted to Hurry: Spiritual Strategies for Slowing Down

Kirk Byron Jones

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Author Kirk Byron Jones has written a much-needed resource that debunks the "need for speed" mentality that so many people have embraced as a part of their everyday lives. This book goes beyond social and psychological analysis to include spiritual perspectives on the dangers of letting hurry become a chronic condition. Jones presents a well developed three-pronged response to the problem of addiction to hurry. Included in each chapter are helpful questions that allow readers to identify their current pace of life and assist them in cultivating their own sacred, savoring pace. Addicted to Hurry is ideal for anyone desiring to lead a more calm and satisfying life and a great gift for those who seem to be burning out from the frantic pace at work or at home.

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A lot of people always spent their own free time to vacation or even go to the outside with them family or their friend. Were you aware? Many a lot of people spent they will free time just watching TV, or perhaps playing video games all day long. If you need to try to find a new activity that's look different you can read the book. It is really fun for you. If you enjoy the book that you simply read you can spent all day every day to reading a book. The book Addicted to Hurry: Spiritual Strategies for Slowing Down it is quite good to read. There are a lot of those who recommended this book. They were enjoying reading this book. In the event you did not have enough space bringing this book you can buy typically the e-book. You can m0ore simply to read this book out of your smart phone. The price is not to cover but this book offers high quality.

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