



Addicted to Busy: Recovery for the Rushed Soul

Brady Boyd

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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.

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