



An Unhurried Life: Following Jesus' Rhythms of Work and Rest

Alan Fadling

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The 2014 Christianity Today Book Award of Merit Winner (Spirituality)

"I am a recovering speed addict."

Beginning with this confession, pastor and spiritual director Alan Fadling goes on to describe his journey out of the fast lane and into the rhythms of Jesus.

Following the framework of Jesus' earthly life, Fadling shows how the work of "unhurrying" ourselves is central to our spiritual development in such pivotal areas as resisting temptation, caring for others, praying and making disciples.

Here is a book that affirms that we are called to work and to do work. Productivity is not a sin?it is the attitudes behind our work that can be our undoing. So how do we find balance between our sense of calling and the call to rest? *An Unhurried Life* offers a way.

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