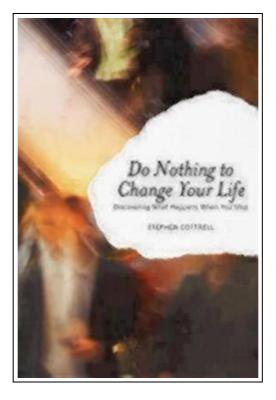
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Church Publishing Inc, United States, 2008. Paperback. Condition: New. Language: English. Brand New Book. In returning and rest you shall be saved. -- Isaiah 30:15 When was the last time you had a real day off? Ditched the to do lists? Switched off the phone? Unplugged the alarm clock? Sat in the bath until the water went cold? Most of us live at breakneck speed. Busy lives - work, family, friends, endless tasks - leave us with little time to sleep, never mind stopping and reflecting. We urgently need to stop imagining that everything is so urgent. We need to learn to nurture our inner slob. In this generous, life-affirming book, Cottrell invites us to slow down and stop. breathe. and start an adventure of self-discovery and renewed creativity that will improve the way we see life and help us catch a glimpse of God.



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