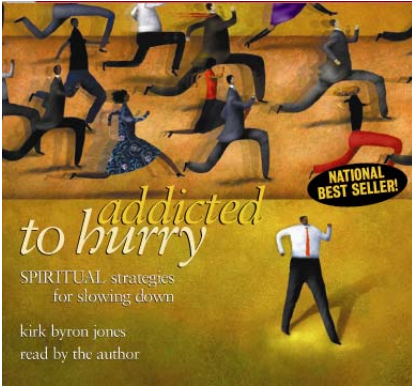


## Learning to Slow Down While on the Go



Valley Forge, PA – The news media remind us regularly. Americans drive too fast. We eat too much too fast. We work non-stop. Technology has made it easier and easier to keep moving at a frenetic pace. What does one do when literally addicted to hurry?

The answers can be found in *Addicted to Hurry: Spiritual Strategies for Slowing Down* by respected pastor, author, and motivational speaker Kirk Byron Jones. First published in 2003 and now available in audio format, *Addicted to Hurry* debunks the “need for speed” mentality that so many have embraced as a part of their everyday lives. Jones goes beyond social and psychological analysis to include spiritual perspectives on the dangers of letting hurry become a chronic condition.

In a *QBR* review of *Addicted to Hurry*, Chandra Sparks Taylor wrote, “Jones has done an excellent job of giving us insight into taking the time to savor all that life has to offer based on sound biblical principles and life-changing exercises.” And in his review for *The Clergy Journal*, Donald E. Keeney noted, “Jones’ very language cries out to be savored. He writes clearly, reflectively, persuasively.”

For those who are too harried and hurried to pick up a book on slowing down, *Addicted to Hurry* on audio CD offers a life-changing solution.

**About the Author:** A former pastor for 20 years, **Rev. Dr. Kirk Byron Jones**, PhD, DMin, MPhil, MDiv, currently teaches social ethics and preaching at Andover Newton Theological School, Newton Centre, MA, and conducts self-care and spiritual empowerment seminars around the country. In 2009, his book *Rest in the Storm: Self-Care Strategies for Clergy and Other Caregivers*, was one of only 40 books and films selected by *Sojourners* magazine as “Best Resources for Social Change.” For more information about Dr. Jones, including a complete list of his book titles, visit [www.kirkbjones.com](http://www.kirkbjones.com).

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