



For multitaskers, workaholics, and clock watchers everywhere . . .

Life can be simpler and better.

A recovered hurry addict, John Tadlock maintains that hurry is the greatest obstacle to an active, growing spirituality. He illustrates:

About the Author

John W. Tadlock has pastored three churches, served as a campus minister at three colleges, and written numerous magazine articles. He currently serves as the Church, Minister & Family Wellness Facilitator at the Virginia Baptist Mission Board. He and his wife, Lacey, live in Virginia.

- the high costs of hurry to our well being
- how to gauge the symptoms with a hurry sickness quiz
- the relation between insomnia and hurry sickness
- how Christ handled fatigue, crowds and interruptions
- how to adopt a more realistic, eternal view of time

John Tadlock speaks to each one of us where we need it. This thoughtful and badly needed book is not only insightful and timely, it is practical. This is one writing I will not only keep in my reference library and use as a daily reminder, but I will encourage almost everyone I know to read it.

Dr. Ross Campbell, psychiatrist and coauthor of *Five Love Languages for Children*

Christians can find order and spiritual depth by slowing down, and there are practical steps they can take to do this. So argues John Tadlock in this wise book, which will, I believe, help readers to live ordered lives that confess the beauty of God's peace.

Dr. Fisher H. Humphreys, Professor of Divinity, Beeson Divinity School, and author of *Thinking About God*

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Christian Living / Practical Life / General

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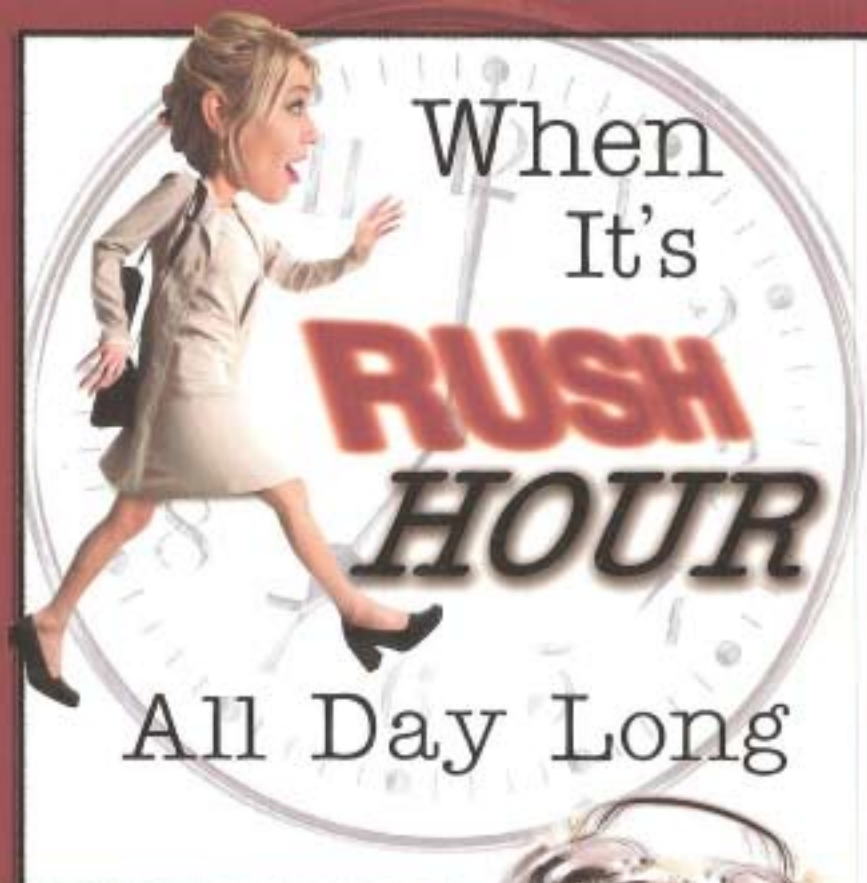
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When It's **RUSH HOUR** All Day Long

John W. Tadlock



FINDING PEACE
IN A HURRY-SICK
WORLD



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