



Addicted to Hurry: Spiritual Strategies for Slowing Down

Kirk Byron Jones

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Author Kirk Byron Jones has written a much-needed resource that debunks the "need for speed" mentality that so many people have embraced as a part of their everyday lives. This book goes beyond social and psychological analysis to include spiritual perspectives on the dangers of letting hurry become a chronic condition. Jones presents a well developed three-pronged response to the problem of addiction to hurry. Included in each chapter are helpful questions that allow readers to identify their current pace of life and assist them in cultivating their own sacred, savoring pace. Addicted to Hurry is ideal for anyone desiring to lead a more calm and satisfying life and a great gift for those who seem to be burning out from the frantic pace at work or at home.

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