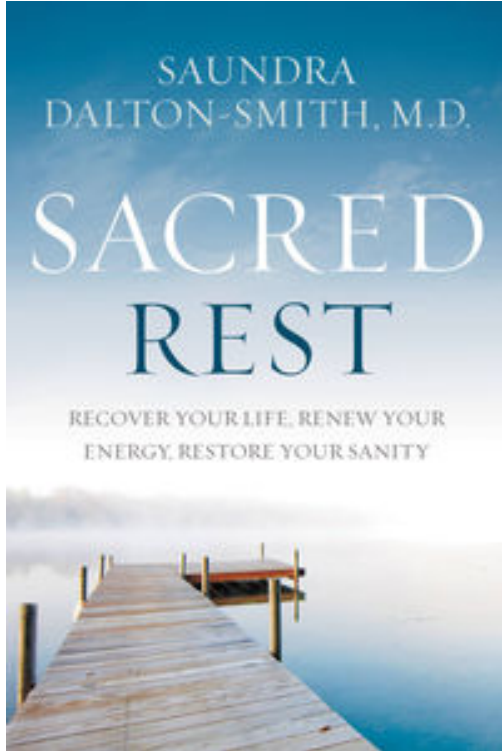


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How can you keep your energy, happiness, creativity, and relationships fresh and thriving in the midst of never-ending family demands, career pressures, and the stress of everyday life? In SACRED REST, Dr. Sandra Dalton-Smith, a board-certified internal medicine doctor, reveals why rest can no longer remain optional.

Dr. Dalton-Smith shares seven types of rest she has found lacking in the lives of those she encounters in her clinical practice and research-physical, mental, spiritual, emotional, sensory, social, creative-and why a deficiency in any one of these types of rest can have unfavorable effects on your health, happiness, relationships, creativity, and productivity. SACRED REST combines the science of rest, the spirituality of rest, the gifts of rest, and the resulting fruit of rest. It shows rest as something sacred, valuable, and worthy of our respect. By combining scientific research with personal stories,

spiritual insight, and practical next steps, SACRED REST gives the weary permission to embrace rest, set boundaries, and seek sanctuary without any guilt, shame, or fear.

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