



Tranquility: Cultivating a Quiet Soul in a Busy World

David W. Henderson

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There's never enough time. So we try to cram as much as possible into what little time we have--work, friends, play, rest. But what if *How do I fit it all in?* isn't the right question?

Scripture has a lot to say about time. Taking a cue from Ecclesiastes--"Better one handful with tranquility than two handfuls with toil and chasing after the wind"--and drawing on everything from Augustine's *Confessions* to conversations with air traffic controllers, David W. Henderson encourages us to move beyond merely trying to open up a bit of margin or to say no once in a while, and to take a purposeful step back from our lives to examine those internal and external dynamics that propel us into busyness and hurry. Sharing honest stories about his own struggles with busyness, he helps readers explore the way the Scriptures frame our time--understanding the times, making the most of the time, and trusting God with the rest.

For anyone who is tired of feeling the push and pull of our time-bent culture, this book will be a welcome invitation to rest and to live artful and faithful lives marked by peace and tranquility.

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