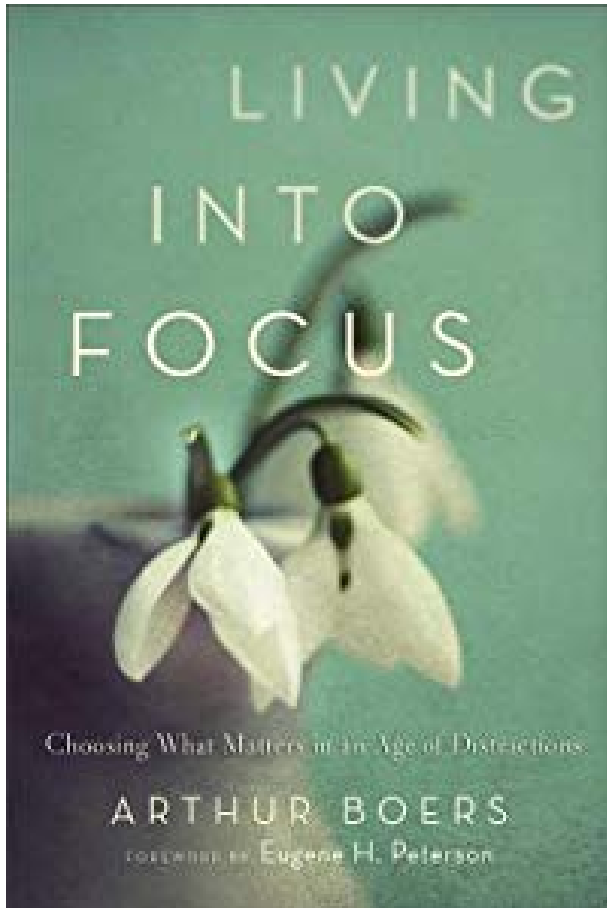


Living Into Focus: Choosing What Matters in an Age of Distractions



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In today's high-speed culture, there's a prevailing sense that we are busier than ever before and that the pace of life is too rushed. Most of us can relate to the feeling of having too much to do and not enough time for the people and things we value most. We feel fragmented, overwhelmed by busyness and the tyranny of gadgets. Veteran pastor and teacher Arthur Boers offers a critical look at the isolating effects of modern life that have eroded the centralizing, focusing activities that people used to do together. He suggests ways to make our lives healthier and more rewarding by presenting specific individual and communal practices that help us focus on what really matters. These practices--such as shared meals, gardening, hospitality, walking, prayer, and reading aloud--bring our lives into focus and build community. The book includes questions for discernment and application and a foreword by Eugene H. Peterson.