



## Breaking Busy: How to Find Peace and Purpose in a World of Crazy

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By Alli Worthington

Zondervan on Brilliance Audio, United States, 2016. CD-Audio. Book Condition: New. Unabridged. 170 x 132 mm. Language: English . Brand New. Have you ever felt like a fraud or failure as you struggle to find balance in life? Do you find yourself juggling everything in mediocrity and feeling like you re succeeding at very little? In her no-nonsense way, Alli Worthington tackles the big questions about finding happiness and one s God-given purpose. Breaking Busy marries popular secular research from the fields of social and positive psychology with solid biblical principles, instilling listeners with the confidence that they, too, can move from crazy busy to confident calm. With refreshing candor, uproarious true stories, and a Christian worldview, Alli delivers truths that dismantle common happiness myths. Then she empowers listeners to get unstuck, to let go of the good to make way for the great, to know themselves and their Creator, and ultimately to find peace and purpose in this world of crazy. Learn how to stop chasing what leaves you empty and start doing what you were created to do. Identify the common lies you believe and how to strip their power from your life. Recognize how what you say...



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