



What if we all took a day off . . .

- . . . from multitasking?
- . . . from technology and machines?
- . . . from errands and shopping?
- . . . from life’s demands?

What a difference a day could make.

Lynne M. Baab writes: “The time is right to learn about rest from the long Jewish sabbath tradition. The need is great. The frantic pace, the exhaustion that accompanies it and the resulting emptiness call us back to a rhythm that includes stopping and resting.”

Baab first learned the difference a day off—a sabbath—makes when she lived in Tel Aviv, Israel, for eighteen months. The distractions of life stopped each Friday for the Jewish sabbath. “There was simply nothing to do,” Baab recalls. Baab and her husband quickly discovered what a gift “nothing to do” is. “We learned to slow way down,” Lynne says. “Relishing the silence, we got up slowly, . . . went for long walks, read for hours at a time. . . . Something about that quiet time with no options felt rich and full.”

The Baab family has observed a sabbath ever since. In her new book *Sabbath Keeping: Finding Freedom in the Rhythms of Rest* Lynne describes what a sabbath is and how to incorporate one into your busy life. With collected insights from sabbath keepers of all ages and backgrounds, Baab helps you to understand the history of sabbath and how to do without a “to do” list, and she offers ideas on how to start observing a sabbath in a way that enriches your relationships, work and faith.

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