

PRESS KIT



SUMMER READING

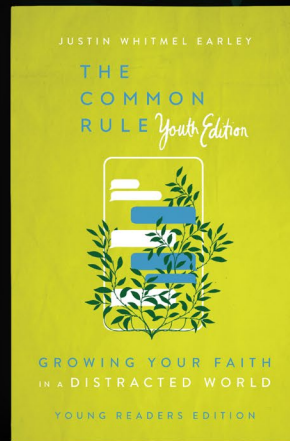
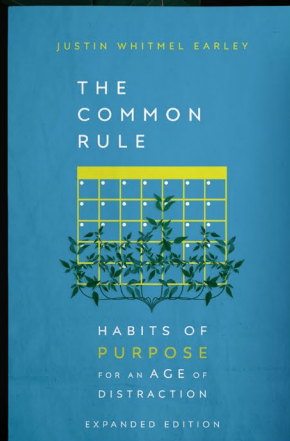
As we move into the swing of summer, the IVP publicity team offers the following featured resources to guide readers in tapping the brakes and resetting the pace of their busy lives. This quote from Alan Fadling's *A Year of Slowing Down* says it best:

"I hope you'll come to believe that God has given us enough time for everything he's given us to do. I pray that you'll find growing freedom and courage to make time for that which matters most—to God and to you. I trust that you'll come to discover that most things shouldn't be hurried and some things simply can't be."

Slow Down to Develop New Habits as a Family

THE COMMON RULE:
Habits of Purpose for an Age of Distraction

[View Book](#)



THE COMMON RULE YOUTH EDITION:
Growing Your Faith in a Distracted World

[View Book](#)

Adults read through [The Common Rule](#) while the young people in their lives engage similar themes in [The Common Rule Youth Edition](#). Together you start new habits, ones that allow you to disengage from technology, establish new routines, and develop a rule of life that transforms your everyday moments into a rhythm of peace and purpose.

“When someone asks how you’re doing and you always find yourself answering, ‘So busy and crazy,’ it might be time for a change. The Common Rule offers practical wisdom on how to slowly but deliberately restructure our lives, and it shows us that when we embrace limitations, we paradoxically gain the freedom we long for.”

—**John Dyer**, author of *From the Garden to the City: The Redeeming and Corrupting Power of Technology*

“I agree wholeheartedly with Justin Earley’s priority of living a God-drenched rule of life. It’s truly like a healthy jasmine plant growing up on a trellis of good habits that form and shape us into the image of Christ. The earlier we learn this in life, the better off we will be. In your hands is a counterintuitive vision for today’s youth who wish to emit a Christlike fragrance to the world around them.”

—**Stephen A. Macchia**, founder and president of Leadership Transformations Inc. and author of *Crafting a Rule of Life*



JUSTIN WHITMEL EARLEY is the creator of The Common Rule, a program of habits designed to form us in the love of God and neighbor. He is also a mergers and acquisitions lawyer in Richmond, Virginia. Justin and his wife, Lauren, have four sons.

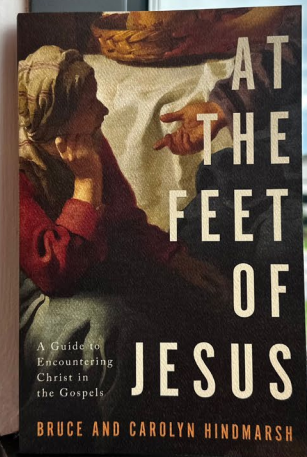


[Request a review copy or interview.](#)

Transform Your
Daily Routine into
a Spiritual Retreat

AT THE FEET OF JESUS: *A Guide to Encountering Christ in the Gospels*

[View Book](#)



At the Feet of Jesus was written to bring you into a deeper, more intimate relationship with Jesus, transforming your daily routine into a spiritual retreat with features like

- **Prayerful Readings of Scripture:** Engages you with the Word of God in a way that speaks directly to your heart.
- **Personal and Group Retreat Guide:** Perfect for individuals wanting a solitary retreat or groups looking to grow together in faith.
- **Experiential Exercises:** Thought-provoking activities that encourage you to encounter Jesus personally and profoundly.

*“Convinced that we are made to see the face of God, Bruce and Carolyn Hindmarsh invite us to join them for a prayer retreat. What a privilege it is, as we take the place of Mary of Bethany, looking up in contemplation at our Lord. This immensely practical book centers on Jesus, encouraging us to use our memory and imagination, so that in him we may enter more deeply into the presence of God. The mature result of many years of spiritual guidance, *At the Feet of Jesus* is a sure guide for making your own personal or group retreat.”*

—**Hans Boersma**, professor at Nashotah House Theological Seminary in Wisconsin and author of *Pierced by Love*



BRUCE HINDMARSH DPhil (Oxon), is the James M. Houston Professor of Spiritual Theology and professor of the history of Christianity at Regent College in Vancouver. His previous books include *The Spirit of Early Evangelicalism* and *Amazing Grace*.

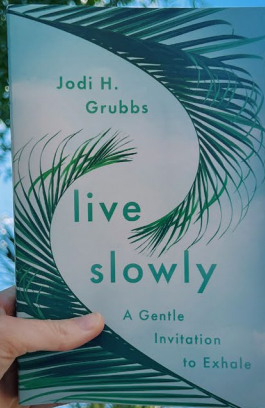


CAROLYN HINDMARSH DMin (Fuller Seminary) teaches New Testament Greek and spiritual theology at Regent College and is a trained spiritual director. She and her husband Bruce have led numerous retreats on praying at the feet of Jesus.



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A Return to "Island Time"



LIVE SLOWLY: *A Gentle Invitation to Exhale*

[View Book](#)

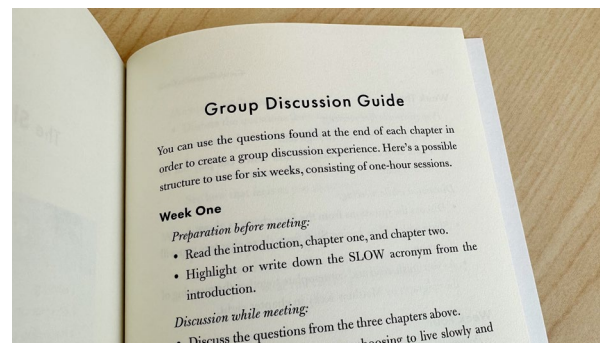
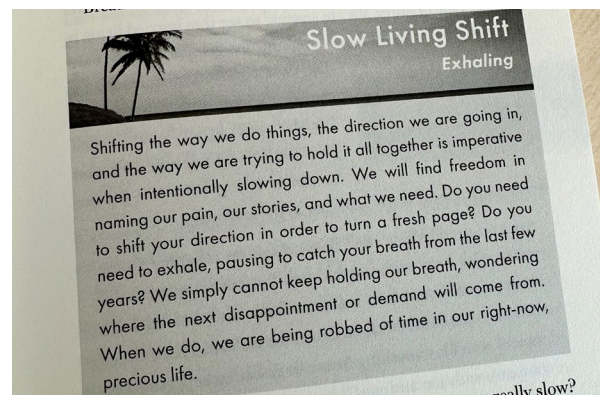
After leaving her childhood home on the island of Bonaire in the Caribbean, Jodi Grubbs had assumed the rapid pace and stress of city living in the States. Soon she realized God was bidding her to return to the "island time" of her past. Evoking the gentle rhythms of Bonaire in the Caribbean, Jodi invites you to a life anchored by the forced pauses of spiritual practices and an openhandedness before God.

"If you need a slow-living guide—a guide out of the crush of noise and the exhausting speed of life—Jodi Grubbs is a gentle sage who has faced suffering and heartbreak. She shows us the road less traveled—into a far more meaningful life."

—ANN VOSKAMP, author of *One Thousand Gifts*
and *The Broken Way*



JODI H. GRUBBS is the podcast host of *Our Island in the City* and a slow-living advocate. She is the author of a children's book, *The Island Adventures of Lili and Oliver*, and coauthor of a Bible study called *The Friendship Café*.

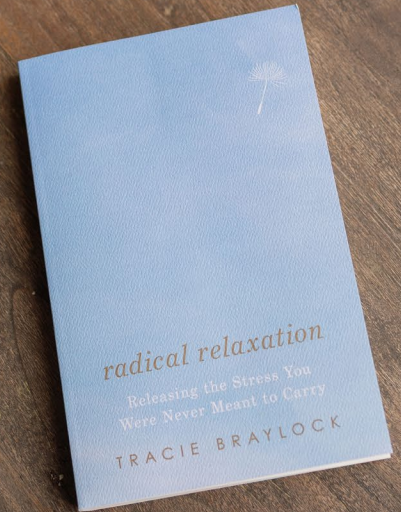


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A Guide to More
"Selah Moments"

RADICAL RELAXATION: *Releasing the Stress You Were Never Meant to Carry*

View Book



Stress is not just a fleeting feeling; it's a silent disruptor, quietly eroding your peace, your health, and your capacity to enjoy life as you know it. Crafted by holistic nurse, educator, and wellness consultant Tracie Braylock, *Radical Relaxation* is your pathway to healing and liberation from the trappings of stress through the teachings of Jesus in the Gospel of John.

"Tracie Braylock offers protective care for spirit, soul, and body. In her book Radical Relaxation, she undergirds professional knowledge, spiritual practices, and self-care with God's Word and transformative prayers. She graciously invites the reader into a guided tour that is designed to release stress through healing, rest, and relaxation. She comprehensively guides the participant to intentional Selah moments."

—BARBARA L. PEACOCK,

Founder of Peacock Soul Care and author of *Soul Care in African American Practice*

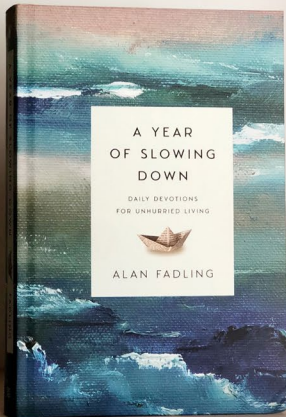


TRACIE BRAYLOCK (MSN, BSN, RN) is a holistic nurse, educator, writer, and wellness consultant. As a former operating room nurse, she advocates for mind, body, spirit well-being, holistic wellness experiences, and liberating relaxation. Her work has been featured in the American Holistic Nurses Association *Beginnings* magazine, Proverbs 31 Ministries, and Hallmark Mahogany. Tracie teaches workshops, leads retreats, and lectures on issues related to nursing, writing, self-care, and healing lifestyles.



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In Search of an
Unhurried Life



A YEAR OF SLOWING DOWN: *Daily Devotions for Unhurried Living*

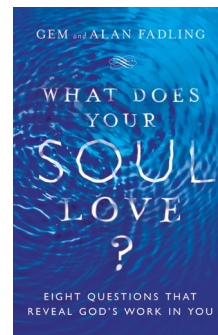
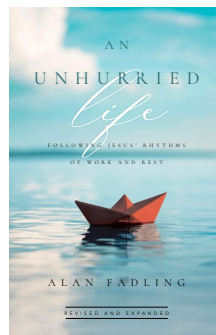
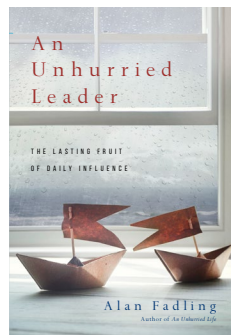
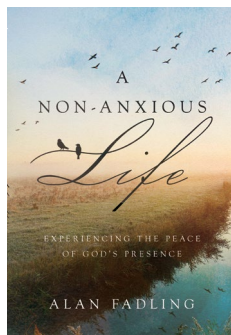
[View Book](#)

"If anyone could take five minutes of your time and turn it into a retreat, it's Alan Fadling. As I read the daily devotionals in A Year of Slowing Down, I found myself drawn into the selah of the psalmist, the richness of God's Word, the whisper of Holy Spirit, and the pace of Jesus. In each reading you're sitting down with a soul friend who has a simple way of chatting with you that feels easy and relaxing. Then, all of a sudden, profound insights rain down from heaven and wash your heart and soul with the smile of God. These holy moments can flood your soul with Jesus' living waters and overflow from you into the lives of the people around you."

—**BILL GAULTIERE**, psychologist and author of *Journey of the Soul*



ALAN FADLING is president and founder of [Unhurried Living, Inc.](#) in Mission Viejo, California. He speaks and consults internationally with organizations such as Saddleback Church, InterVarsity Christian Fellowship, Cru, Halftime Institute, Apprentice Institute, and Open Doors International. He is also the award-winning author of [A Non-Anxious Life](#), [An Unhurried Leader](#) and [An Unhurried Life](#), and coauthor (with Gem Fadling) of [What Does Your Soul Love?](#)



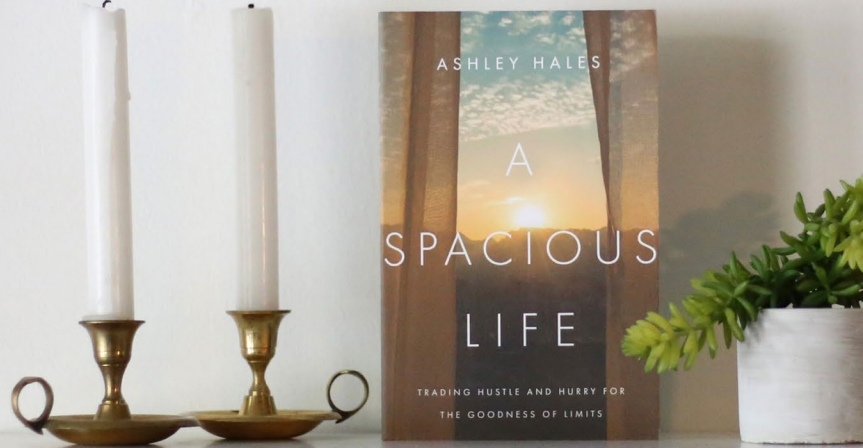
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Trade in Your Hustle

A SPACIOUS LIFE:

Trading Hustle and Hurry
for the Goodness of Limits

View Book



“We hurry through life, militating against our limits, strictures, and guardrails, yet we find ourselves miserable and exhausted. We kick off constraints, doing whatever we want, all in the name of freedom, and remain deeply dissatisfied. Joy and contentment elude us. In *A Spacious Life*, Ashley Hales draws us to ancient truths: it’s within our limits, the life that God has given us, that we flourish. Trying to escape our humanity to be superhuman, unfettered and unencumbered by the quotidian, leads to destruction. Hales, in her inimitable way, deftly and wisely details the path to a spacious life. It is the way of Jesus, the way of wisdom. The way for us. This book hospitably offers an invitation to that sort of life. May we receive it.”

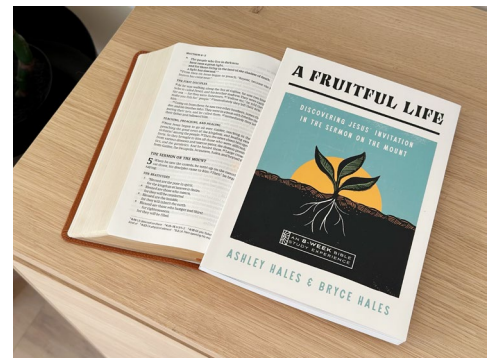
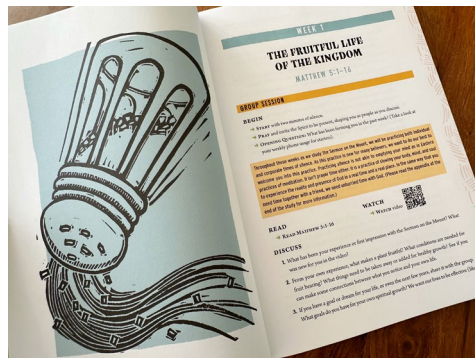
—Marlena Graves, author of *The Way Up Is Down*



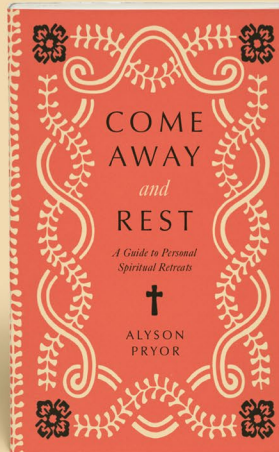
ASHLEY HALES (PhD, University of Edinburgh) is editorial director for print for *Christianity Today*. She is the author of *Finding Holy in the Suburbs* and her work focuses on the surprising and renewing work of a Christian imagination. She is a Kirby Laing Centre Academic Fellow, an advisor to the Covenant College board of trustees, and a cofounder of The Willowbrae Institute. Ashley lives on the central coast of California with her husband Bryce and their four children.



Also the author, with Bryce Hales, of *A Fruitful Life: Discovering Jesus’ Invitation in the Sermon on the Mount*--An 8-Week Bible Study with Video Access



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COME AWAY AND REST: *A Guide to Personal Spiritual Retreats*

[View Book](#)

COMING IN SPRING 2026

Alyson Pryor gently guides you on a healing, life-giving path of spiritual renewal through personal retreats of silence, solitude, and intentional rest. This thoughtful guide offers step-by-step instructions for customizing six types of personal retreats that you can practice from anywhere.



[ALYSON PRYOR](#) is a trained marriage and family therapist and a certified spiritual director. She holds degrees in psychology from both the University of Southern California and Fuller Theological Seminary, as well as an MA in Spiritual Formation and Soul Care from Talbot Seminary. She currently serves as a staff spiritual director and adjunct faculty member at Biola University.



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