



# The Radical Pursuit of Rest: Escaping the Productivity Trap

*John Koessler*

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## **The Radical Pursuit of Rest: Escaping the Productivity Trap** John Koessler

We live in a culture that values activity, achievement and accomplishment. Whether in our careers, churches, schools or families, busyness is the norm in our lives, and anything less makes us feel unproductive and anxious. We have to work all the harder, then, to pursue true rest in a 24-7 world that is constantly in motion.

John Koessler understands that rest is not automatic or easy to attain. He names the modern-day barriers to becoming people of rest and presents a unique perspective on how pursuing rest leads us to the heart of God. With honest, biblical reflections on trends in our culture and churches, he exposes our misconceptions regarding the concept of rest, as well as offering correction and practices to align our ideas with God's ideal.

The book includes reflection and discussion questions designed for both individual and group use. You will discover the true meaning behind Jesus' idea of the yoke of rest and restoration for your mind, body and soul.

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