



## 24/6: A Prescription for a Healthier, Happier Life

*Matthew Sleeth*

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**“Remember the Sabbath and keep it holy.”**

Sounds nice, but how do we find rest in a 24/7 world? Just as the Hebrews were slaves in Egypt, we have become slaves to technology. Our technological tools allow 24-hour productivity and connectivity, give us more control, and subtlety enslave us to busyness itself. Sabbath is about restraint, about intentionally not doing everything all the time just because we can. Setting aside a day of rest helps us reconnect with our Creator and find the peace of God that passes all understanding. The Sabbath is about letting go of the controls one day a week and letting God be God. So how do we do it?

In 24/6, Dr. Matthew Sleeth describes our symptoms, clarifies the signs, diagnoses the illness, and lays out a simple plan for living a healthier, more God-centered life in a digitally-dazed, always-on world. Sleeth shares how his own family was dramatically transformed when it adopted Sabbath practices and helps readers better understand how their own lives can be transformed – physically, emotionally, relationally and spiritually – by adopting the 24/6 lifestyle.



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