



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

Matthew Sleeth

Download now

[Click here](#) if your download doesn't start automatically

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

Matthew Sleeth

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

“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 subtly 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.

 [Download 24/6: A Prescription for a Healthier, Happier Life ...pdf](#)

 [Read Online 24/6: A Prescription for a Healthier, Happier Li ...pdf](#)

Download and Read Free Online 24/6: A Prescription for a Healthier, Happier Life Matthew Sleeth

From reader reviews:

David Binkley:

The book 24/6: A Prescription for a Healthier, Happier Life give you a sense of feeling enjoy for your spare time. You may use to make your capable much more increase. Book can being your best friend when you getting pressure or having big problem with your subject. If you can make studying a book 24/6: A Prescription for a Healthier, Happier Life for being your habit, you can get considerably more advantages, like add your own personal capable, increase your knowledge about many or all subjects. You could know everything if you like open up and read a guide 24/6: A Prescription for a Healthier, Happier Life. Kinds of book are several. It means that, science publication or encyclopedia or other people. So , how do you think about this publication?

Bonnie Abramowitz:

The book 24/6: A Prescription for a Healthier, Happier Life can give more knowledge and also the precise product information about everything you want. So just why must we leave the best thing like a book 24/6: A Prescription for a Healthier, Happier Life? A few of you have a different opinion about book. But one aim in which book can give many data for us. It is absolutely appropriate. Right now, try to closer along with your book. Knowledge or information that you take for that, it is possible to give for each other; you are able to share all of these. Book 24/6: A Prescription for a Healthier, Happier Life has simple shape but the truth is know: it has great and large function for you. You can seem the enormous world by start and read a guide. So it is very wonderful.

Thomas Krieg:

The reserve with title 24/6: A Prescription for a Healthier, Happier Life has lot of information that you can understand it. You can get a lot of benefit after read this book. This particular book exist new understanding the information that exist in this reserve represented the condition of the world currently. That is important to yo7u to learn how the improvement of the world. This book will bring you throughout new era of the globalization. You can read the e-book on the smart phone, so you can read it anywhere you want.

Mildred Vang:

E-book is one of source of understanding. We can add our expertise from it. Not only for students but additionally native or citizen have to have book to know the revise information of year to year. As we know those publications have many advantages. Beside we add our knowledge, also can bring us to around the world. By the book 24/6: A Prescription for a Healthier, Happier Life we can take more advantage. Don't you to be creative people? Being creative person must want to read a book. Just simply choose the best book that acceptable with your aim. Don't possibly be doubt to change your life by this book 24/6: A Prescription for a Healthier, Happier Life. You can more attractive than now.

**Download and Read Online 24/6: A Prescription for a Healthier,
Happier Life Matthew Sleeth #4NJ3FAX5G8Y**

Read 24/6: A Prescription for a Healthier, Happier Life by Matthew Sleeth for online ebook

24/6: A Prescription for a Healthier, Happier Life by Matthew Sleeth Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read 24/6: A Prescription for a Healthier, Happier Life by Matthew Sleeth books to read online.

Online 24/6: A Prescription for a Healthier, Happier Life by Matthew Sleeth ebook PDF download

24/6: A Prescription for a Healthier, Happier Life by Matthew Sleeth Doc

24/6: A Prescription for a Healthier, Happier Life by Matthew Sleeth Mobipocket

24/6: A Prescription for a Healthier, Happier Life by Matthew Sleeth EPub