



Out of Control: Finding Peace for the Physically Exhausted and Spiritually Strung Out

Dr. Samuel Adams

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With cell phones, instant messaging, express lanes, and PDAs, we can now cram more activities into our lives than ever before. But is this a blessing or a curse? Could it be that this fast-paced lifestyle is creating an underlying sense of anxiety and fragmentation? Is it any wonder the television is flooded with advertising for anti-anxiety medication? As a nation, we are stressed out, physically exhausted, and spiritually drained.

Working professionals caught in the continual push for success or over-extended soccer moms who feel burdened with too many commitments will find in *Out of Control* desperately needed help. This book shares with readers the liberating truth that they are not helpless victims of our fast-paced society. Most importantly, it gives readers permission to slow down and presents practical methods for living a life of peace and simplicity.

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