

## ADDICTED TO HURRY SPIRITUAL STRATEGIES FOR SLOWING DOWN BY KIRK BYRON JONES

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[Addicted to Hurry: Spiritual Strategies for Slowing Down ...](#)

Author Kirk Byron Jones has written a much-needed resource that debunks the need for speed mentality that so many people have embraced as a part of their everyday lives. This book goes beyond social and psychological analysis to include spiritual perspectives on the dangers of letting hurry become a chronic condition. Jones presents a well developed response to the problem.

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Dr. Kirk Byron Jones, PhD, DMin, MPhil, MDiv, is a graduate of Loyola University, Andover Newton Theological School, and holds a Doctor of Ministry degree from Emory University and a Doctor of Philosophy degree from Drew University.

[Addicted to Hurry: Spiritual Strategies for Slowing Down ...](#)

Does life have to be fast to be fun and fulfilling? in [Addicted to Hurry](#), Kirk Byron Jones debunks the 'need for speed' mentality that so many people have embraced. He goes beyond social and psychological analysis to include spiritual perspectives on the dangers of letting hurry become a chronic condition. Jones offers creative exercises for understanding hurry's hold on us. He unveils The Sacred Savoring Pace Alternative, a new, practical method for creating a more satisfying and living

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[Kirk B. Jones | Addicted to Hurry](#)

[Addicted to Hurry: Spiritual Strategies for Slowing Down](#) (Judson Press, 2003) [Addicted to Hurry](#) challenges the taken-for-granted notion that life has to be fast to be fun. The book has been acclaimed for its fanciful and fun remedy for speeded up living, learning to live life at a "savoring pace." Many who read

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Kirk Byron Jones has given some invaluable information for anyone living in the 21st century and challenged by all the 'divine opportunities' of family, church, school, and life in general.

**Kirk B. Jones | About Kirk Byron Jones**

Born in New Orleans, Louisiana, as the second son to the late Frederick and Ora Mae Jones, Kirk Byron Jones is a graduate of Loyola University and Andover Newton Theological School, and holds a Doctor of Ministry degree from Emory University and a Doctor of Philosophy degree from Drew University.

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Dr. Kirk Byron Jones, PhD, DMin, MPhil, MDiv, is a graduate of Loyola University, Andover Newton Theological School, and holds a Doctor of Ministry degree from Emory University and a Doctor of Philosophy degree from Drew University.

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words of his own book, *Addicted to Hurry: Spiritual Strategies for Slowing Down*. This much-needed resource debunks the "need for speed" mentality that so many people have embraced as a part of their everyday lives.