



# Do Nothing to Change Your Life: Discovering What Happens When You Stop

*Stephen Cottrell*

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## **Do Nothing to Change Your Life: Discovering What Happens When You Stop** Stephen Cottrell

'In returning and rest you shall be saved' - "Isaiah 30.15". When was the last time you had a real day off? Ditched the 'to do' lists. Switched off the phone. Had a lie-in. Sat in the bath until the water went cold? Most of us live at break-neck speed. Busy lives - work, family, friends, endless tasks - leave us with little time to sleep, never mind stopping and reflecting. We urgently need to stop imagining everything is so urgent. We need to learn to nurture our inner slob. In this generous, life-affirming book, full of practical wisdom, Stephen Cottrell invites us to slow down and stop...and breathe. This work contains 12 chapters: tackling the difficult business of stopping, through to where God fits in, and offering a beginners guide to sitting still! Start an adventure of self-discovery, play and renewed creativity that will improve the way you see life and help you catch a glimpse of God.

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