## **CONTENTS**

Part I: Busy	9
1. Pulling Your Rats from the Race	11
2. A.D.D. Activity Denial Disorder	19
3. Ten Telltale Signs	26
Part II: Breakthrough	35
4. Our Radical Sabbatical	37
5. Twelve Months of Field Trips	44
6. Two Out of Three Ain't Bad	54
7. Reflections of a Sabbatical Survivor	63
8. What Hills Are You Dying On?	71
Part III: Beware	81
9. You Have an Enemy	83
10. The Attraction of Distraction	90
11. Who Is in Your Audience?	99
12. Entitlement: The Bully on the Block	107
Part IV: Build	117
13. Me? Pray?	119
14. Extreme Rest Begins with Sabbath Rest	128
Part V: Blessing	137
15. From Devotion to Devotion	139
16. Slaying Your Media Dragons	147
17. A New Thing	156
18. Redeeming the Time	164
19. Your Home Is a Memory Museum	172
20. Legacy Living	180
Endnotes	189