

# Book Synopsis - Unwind: A Christian's Guide for Battling Worry, and Anxiety



## **2-line Summary:**

Imagine how good it would feel to wake up in the morning not feeling anxious about what lies ahead but excited.

## **Short Synopsis:**

Life is crazy. It comes at you fast. Relentless deadlines, commitments, pressures. We find ourselves running, racing and in the process emotionally wearing down. But living with peace is possible! You can experience a calmness even in the midst of the stress and strife that life throws at you.

## **Medium Synopsis:**

Life is crazy. It comes at you fast. Relentless deadlines, commitments, pressures. We find ourselves running, racing and in the process emotionally wearing down. But living with peace is possible! You can experience a calmness even in the midst of the stress and strife that life throws at you.

If you're ready to defeat anxiety, worry and stress, your journey starts here.

Author Tim Atkinson will guide you through the process of mindfulness and meditation not based on Buddhist eastern philosophy but on the Word of God.

## **Long Synopsis:**

Unwind offers a six-week course in mindfulness fully integrated with Christian spirituality. Week One helps us appreciate that our breath is life from God, Week Two presents the body as God created as an opportunity to sense this present moment, Week Three and Four show, respectively, that love and forgiveness start as an intention, the intention becomes a practice which makes us more caring for others and heals our own wounds, Week Five instills the recognition that gratitude is what unhooks us from negative or anxious thinking, and Week Six shows us that both mindfulness and the Christian life is not about being perfect but about becoming whole, that is, allowing God's grace to enter into our breath, our flesh, our heart, and our mind. Atkinson's book gives clear guidance to mindfulness and directs us to similar audio guidance on his website. There are also many pearls of wisdom for Christian living. After reading one feels greatly encouraged to put that wisdom into practice. I recommend it to all who are interested in the connection between mindfulness and Christianity. - Stefan Reynolds, Benedictine Oblate of the World Community for Christian Meditation

Reading this book is like sitting with a wise friend who offers that rare integration of sound science,

deep spirituality, and practical instruction. In a time of spinning anxiety, Unwind offers a clear, alternative path. Atkinson shows the way out for lives held captive to worry as well as the way in for those who simply want a healthier spiritual life.

Amy Oden, Ph.D.

Author of Right Here, Right Now: The Practice of Christian Mindfulness

Visiting Professor of Early Church History and Spirituality

Saint Paul School of Theology @ OCU

In a 5G hand-held immediacy of modern life, Dr. Atkinson encourages us to "Unwind." He teaches us how to slow down and rediscover a "head to heart" relationship with Christ. It is grounded in the rich history of Christian contemplative practice and mindfulness-awareness. Read it to change your life.

Paul Bane MDiv

Mindful Christianity Today

Dr. Atkinson gracefully reminds us how an ancient spiritual formative practice can address the modern problems of anxiety and stress. Unwind is a refreshing and practical guide for people to explore and reflect on the benefits of the Christian discipline of meditation.

Timothy Bullington, Ph.D.

Chair of the Ministerial Studies Board

North Arkansas District Church of the Nazarene

Unwind is a beautiful gift of self-care and gives thoughtful, research-driven practices towards healthy living that are anchored in the Christian faith.

Chad Tappe, MBA

Vice-President of Central Arkansas Christian Schools

Worship Minister at Central Church in Downtown Little Rock

## **Book Details and Purchase Information**

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**By: Tim Atkinson**

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