



The Power of Pause: Becoming More by Doing Less

Terry Hershey, Loyola Press

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Terry Hershey, a popular author and retreat leader, understands that slowing down is difficult when you live in a fast-forward world. However, he also knows from personal experience that there is always a price to pay if we don't regularly take time simply to pause—to cease activity, to treasure quiet time, and to discern the deep meaning of life's little moments.

In *The Power of Pause*, Hershey uses powerful stories and meditations, inspiring quotes, and a specific call to action at the end of each chapter to help us understand the profound value of slowing down in our daily lives and taking time for the truly important things. Over the course of 52 brief chapters, we learn how to take back the life God always intended for us to have by letting go of the things that keep getting in our way.

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