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## **Sacred Rest Recover Your Life**

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### **Sacred Rest: Recover Your Life, Renew Your Energy, Restore ...**

Sacred Rest: Recover Your Life, Renew Your Energy, Restore Your Sanity Hardcover – December 19, 2017 by Dr. Sandra Dalton-Smith (Author) 4.7 out of 5 stars 177 ratings See all formats and editions

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Then pick up Dr. Sandra Dalton-Smith's Sacred Rest to "Recover your life, renew your energy and restore your sanity." "Sleep is different from rest, but good-quality sleep trickles down from a life well rested."(8) Sacred Rest isn't just a book written from a medical standpoint, it is written to present options that leads to emotional, physical, mental and spir "Sleep is not rest."(6 - emphasis mine)

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SACRED REST combines the science of rest, the spirituality of rest, the gifts of rest, and the resulting fruit of rest. It shows rest as something sacred, valuable, and worthy of our respect.

### **Sacred Rest: Recover Your Life, Renew Your Energy,**

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## **Restore ...**

A good night's sleep is essential for keeping our minds and bodies strong. Explore Audible's collection of free sleep and relaxation audio experiences. Learn more. Sacred Rest: Recover Your Life, Renew Your Energy, Restore Your Sanity. Sandra Dalton-Smith (Author, Narrator), Hachette Audio (Publisher)

## **Amazon.com: Sacred Rest: Recover Your Life, Renew Your ...**

Stock No: WW921677. "Once you get a taste of a well-rested life, nothing else will satisfy." That quote is a nibble of the masterpiece you will feast on in Sandra-Dalton Smith's book SACRED REST. Through a well-balanced weaving of her life's stories, substantiated research, and inspired selection of Scriptures, Sandra has created a perfect mix for challenging each reader to find their place of rest.

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By combining scientific research with personal stories, spiritual insight, and practical next steps, SACRED REST gives the weary permission to embrace rest, set boundaries, and seek sanctuary without any guilt, shame, or fear. Staying busy is easy. Staying well rested-now there's a challenge. How can you keep your energy, happiness, creativity, and relationships fresh and thriving in the midst of never-ending family demands, career pressures, and the stress of everyday life?

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## **Restore ...**

By combining scientific research with personal stories, spiritual insight, and practical next steps, SACRED REST gives the weary permission to embrace rest, set boundaries, and seek sanctuary without any guilt, shame, or fear. Every tired, overwhelmed soul can recover its energy and love for life by using the principles in SACRED REST.

## **Sacred Rest - Dr. Dalton-Smith - I Choose My Best Life**

That quote is a nibble of the masterpiece you will feast on in Sandra-Dalton Smith's book SACRED REST. Through a well-balanced weaving of her life's stories, substantiated research, and inspired selection of Scriptures, Sandra has created a perfect mix for challenging each reader to find their place of rest.

**Sacred Rest: Recover Your Life, Renew Your Energy,**

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## **Restore ...**

How and when do you engage your life in rest? Rest brings refreshment to your mind, body and soul. It can refresh, rejuvenate and restore your soul. What interferes with rest currently in your life? Examine the following four ways to engage your life in rest. Examine your mindset. For me, the most challenging aspect of resting is my mindset.

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**Sacred Rest: Recover Your Life, Renew Your Energy,**



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## **Sacred Rest: Recover Your Life, Renew Your Energy, Restore ...**

It shows rest as something sacred, valuable, and worthy of our respect. By combining scientific research with personal stories, spiritual insight, and practical next steps, SACRED REST gives the weary permission to embrace rest, set boundaries, and seek sanctuary without any guilt, shame, or fear.

## **Sacred Rest: Recover Your Life, Renew Your Energy,**

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## **Restore ...**

Sacred Rest will transform your life because you will be able to put into use right away a variety of practical ways to rest your body, mind, emotions, senses, spirit, soul, and in relationships and creativity.

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## **Dr. Sandra Dalton Smith, Sacred Rest - 7 types of Rest**

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### **Amazon.com: Customer reviews: Sacred Rest: Recover Your ...**

Dr. Dalton-Smith is a national and international media resource on the mind, body, spirit connection and is the author of Set Free to Live and Come Empty and Sacred Rest: Recover Your Life, Renew Your Energy, Restore Your Sanity.

### **Holy Brew presents: Sacred Rest - Catholic Info ...**

This review was written for Sacred Rest: Recover Your Life, Renew Your Energy, Restore Your Sanity. Sacred Rest just might be the most beneficial book I've read in a long time. If you enjoy non-fiction, this is one you should definitely pick up.

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