



TITLE INFORMATION

SLOW DOWN TO HEAL AND TRULY LIVE

Twenty-One Bible-Backed Practices To Nurture Your Mind, Body, and Spirit

Patricia McNamara

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BOOK REVIEW

A guide to nurturing mind, body, and spirit through biblical principles.

McNamara, a nutritional therapy practitioner, offers readers 21 Bible-based and research-backed strategies for better well-being in this book. She emphasizes rest and self-care, which can lower blood pressure and stress hormones, slow heart rate, and enhance digestion. The author also stresses the positive effects of gentle exercise, but the consequences of overexercising are also discussed. Morning sunlight, "a great big hug from God," benefits mood, bones, and the brain. McNamara promotes journaling and prayer, recommending that each prayer begin with praise and thanks to God. Play is an essential tool for sparking imagination and creativity, while yoga, breathwork, and nature all calm body and mind. As a "card-carrying member of the 'Control Patrol,'" McNamara also shares how to stay in the present moment using a body scan technique. Especially emphasized here is that finding contentment in everyday moments helps counteract hustle culture and materialism and that clear boundaries and saying "no" are good techniques for managing personal and professional overcommitment. For McNamara, digital detox, consistent Christian meditation, and community can create more meaningful relationships with people and God. What's more, a balanced diet and simply having a good laugh can round out one's improved well-being. McNamara's approach is holistic and flexible, providing readers with inspirational steps for both insight and action. Each chapter is short and straightforward, and includes a tip, a prayer, an action step, and space for written reflection. The prayers are heartfelt and resonant: "With so many things vying for my attention, help me to remember that rest is necessary and good," being an apt example. The author has particularly good advice for Type A people and overachievers, reminding them that "when we take care of ourselves, we have more to give to others." McNamara's insistence that "God has all the answers" may also feel like an overreach to some readers.

A sometimes-helpful guide to improving health that places too much emphasis on religion for secular readers.