# Track: A Student's Guide to Rest

*William P. Smith*

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**DESCRIPTION**

We don't rest well. The nearly unlimited opportunities and impossible expectations we are surrounded by can be exhausting. Something in us wants to do more, to be more. We're addicted to busyness. But God created us to rest. Pastor and counsellor William P. Smith invites you to live in this chaotic world in such a way that you can have rest and your soul can be nourished. William P. Smith explains the importance of rest, and why God's people have been commanded to rest. He also works through what it actually looks like to rest, so that we can all live within divinely set boundaries, and enjoy the peace that God promises.

**MARKETING POINTS**

Part of Track series for students

Learning how to rest well

Each chapter has summary & reflection questions

**AUTHOR**

William P. Smith is a pastor, counselor, author and retreat speaker who currently pastors a church of young professionals in the Philadelphia suburbs. He is the author of 'Parenting with Words of Grace' along with other books and booklets. Bill and his wife Sally have three adult children.

**ENDORSEMENTS**

… urges our students to draw near to Jesus as the true source of refreshment, applying the healing balm of the gospel to harassed sheep.

David White
*Pastor, Springton Lake PCA, Pennsylvania; author, 'Sexual Sanity for Men' and 'God, You & Sex: A Profound Mystery'*

Consider this book crucial, life–saving advice. Bill Smith has written a biblical and genuinely helpful book that gives practical insight into joyfully living within your limitations.

Shelby Abbott
*Author, 'Doubtless' and 'Pressure Points'; speaker; campus minister; host, Real Life Loading… podcast*

**TECHNICAL DETAILS**

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