



**Unwind: A Christian's Guide for Battling Stress, Worry, and Anxiety**

By: Tim Atkinson

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**Advanced Praise for Unwind: A Christian's Guide for Battling Stress, Worry, and Anxiety**

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

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, Ph.D.

Author of Living with the Mind of Christ: Mindfulness in Christian Spirituality

Benedictine Oblate of the World Community for Christian Meditation

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

Dr. Tim Atkinson's Unwind fills a void in uniquely Christian meditation literature, providing rich guidance from personal experience that helps lead us all to the quiet place of spiritual and physical wholeness.

Thomas Nowlin, M-Div.

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