

Recommendation for Charlotte Ostermann's *Souls at Rest*:

It could be argued that the predominant fault of modern culture is busyness. More than greed, lust or pride, a need to always stay active pervades our culture. Busyness is a major contributing factor to our tiredness, division and unsociability. When we cannot find peace, when our recreation fails to re-create us, then we find even more stress and unease. The damage done to our culture and more important, human persons is hard to overestimate.

More than a description of and a solution to a problem, Charlotte Ostermann's *Souls at Rest* offers a prescription and a remedy to busyness and its empty promises. It is an inspiring invitation to come and see what God has planned for you. Rooted in Sacred Scripture and following the Jewish and Christian traditions, Charlotte Ostermann has created a work that is prayerful and thoughtful. This book is an epiphany that uncovers a deep truth many have forgotten or never learned in the first place; that God wants us to give him one day of Sabbath rest a week which will in turn become a great gift for us.

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