

24/6: A Prescription For A Healthier, Happier Life
By Matthew Sleeth, Eugene H. Peterson

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Dr. Matthew Sleeth, author of "24/6: A Prescription for a Healthier, Happier Life," has indisputable proof that life doesn't have to be quite so

<https://www.forbes.com/sites/.../03/.../overwhelmed-and-stressed-out-try-the-246-trick...>

Matthew Sleeth, MD is an author, speaker, and advocate of creation care. A former emergency His third book, 24/6: A Prescription for a Healthier, Happier Life was released in November 2012 (Tyndale House Publishers). Through his

[https://en.wikipedia.org/wiki/Matthew_Sleeth_\(Christian_environmentalist\)](https://en.wikipedia.org/wiki/Matthew_Sleeth_(Christian_environmentalist))

The summer months offer us a little time to slow down, rest, and enjoy some leisure. Wouldn't it be great if we could stretch these benefits

Remember the Sabbath and keep it holy." Sounds nice, but how do we find rest in a 24/7 world? Just as the Hebrews were slaves in Egypt, we

My Family. HUSBAND. Matthew Sleeth, MD, author of Serving God, Saving the Planet and 24/6: A Prescription for a Healthier, Happier Life.

nancysleeth.com/about-nancy/

Dr. Matthew Sleeth, author of 24/6: A Prescription for a Healthier, Happier Life , has indisputable proof that life doesn't have to be quite so frantic all of the time:

<https://www.themuse.com/advice/the-246-life-how-1-day-off-can-help-your-career>

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www.cpcdanville.org/cpc.../246-a-prescription-for-a-healthier-happier-life/?ref=%3D

Matthew Sleeth (Author), Eugene H. Peterson (Foreword, Contributor) So how do we do it? In 24/6, Dr. Matthew Sleeth describes our symptoms, clarifies the signs, diagnoses the illness, and lays out a simple plan for living a healthier, more God-centered life in a

<https://www.amazon.com/24-Prescription-Healthier-Happier-Life.../dp/B007V698UE>

Matthew Sleeth, MD, is the author of Serve God, Save the Planet: A Christian Call to Action and 24/6: A Prescription for a Healthier, Happier Life. A former chief

www.fbca.net/dr-matthew-sleeth

24/6: A Prescription for a Healthier, Happier Life. Written by Matthew Sleeth, M.D. Narrated by Claton Butcher. Just as the Hebrews were slaves in Egypt, we

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<https://www.christianbook.com/24-prescription-for-healthier-happier-life/.../372280>

24/6: A Prescription for a Healthier, Happier Life. 5/2/2014. Picture. "The Pastor's Study" starts again on Tuesday, May 6th. As usual we will meet at 7:00 p. m. in

www.standrewsumc.com/celebrate/246-a-prescription-for-a-healthier-happier-life

Dr. Matthew Sleeth is a former emergency room physician. He's also the author of "24/6: A Prescription for a Healthier, Happier Life." CNN: You

www.cnn.com/2013/01/11/health/sleeth-take-day-off/index.html

<https://arocha.ca/a-prescription-for-environmentalists-a-review-of-246-by-matthew-sl...>

Matthew Sleeth, M.D. 234 likes. Matthew Sleeth, M.D. is an author and speaker. His newest book, 24/6: A Prescription for a Healthier, Happier Life will

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In his book 24/6: A Prescription for a Healthier, Happier Life, Dr. Sleeth emphasizes that for almost two thousand years, Western culture

elizabethkrenke.com/service/blog/2016/03/.../the-secret-key-to-actually-enjoying-life

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But observing the day of rest prescribed in the 10 Commandments can be the author of "24/6: A Prescription for a Healthier and Happier Life"

<https://www.deseretnews.com/.../How-families-can-keep-the-Sabbath-when-the-world...>

24/6: A Prescription for a Healthier, Happier Life. Matthew Sleeth. “Remember the Sabbath and preserve it holy.” Sounds great, yet how can we

palhalifax.org/lib/24-6-a-prescription-for-a-healthier-happier-life

24/6 Part Two: Jesus and the Sabbath; 24/6 Part Three: Keeping the . 24/6: A Prescription for a Healthier, Happier Life was an excellent read.

avirtuouswoman.org/sabbath-day-rest-matthew-sleeth/

Is Sabbath Essential? Matthew Sleeth, MD, Gives a Prescription for Rest and reminder via text message! Praise for 24/6 Retreats and Workshops!

sabbathliving.org/

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Dr. Matthew Sleeth's new book, 24/6: A Prescription for a Healthier, Happier Life (Tyndale 2012), officially released yesterday, comes from a

sustainabletraditions.com/.../a-call-to-renew-the-sabbath-24-6-by-matthew-sleeth-boo...

Sleeth shares how his own family was dramatically transformed when it adopted Sabbath practices and helps readers better understand how their own lives can

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24/6: A Prescription for a healthier, Happier Life. 2:30PM EST 12/1/2012 3 Reasons Why you should read Life in the Spirit. 1) Get to know the Holy Spirit.

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Blessed Earth is pleased to announce that thanks to Two Words Publishing 24/6: A Prescription for a Healthier, Happier Life is now available in

sabbathliving.org/246-is-now-an-audiobook/

Dr. Matthew Sleeth to Present “24/6: A Prescription for a Healthier, Happier Life” at Highland on November 10. Posted by Highland Baptist

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