



# Spiritual Simplicity: Doing Less, Loving More

*Chip Ingram*

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*Changing “Love” from a Noun to a Verb*

In our frantically driven, complex lifestyle, we suffer from fatigue, little margin, shallow relationships, and fractured families. As a result of this driven lifestyle, our souls are dis-eased—they have a lack of ease. This highly practical, comforting book maintains that it is possible to run the race at a different, more meaningful speed. Not only is it possible; it’s absolutely necessary.

The key to simplifying life, Chip Ingram says, is to make sure love is your #1 priority. Love redirects our focus and unravels the complex, overextended lifestyle that keeps us ever running but never arriving. In *Spiritual Simplicity*, Ingram explains how to change our love from a noun to a verb and choose to concentrate on what really matters: the people we love the most.

Each chapter ends with probing questions to help you process, ponder, and discuss the life-giving principles laid out in this desperately needed book.

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If you crave simplicity, yearn for peace and calm, this book is for you. Through biblical teaching and practical insights, author Chip Ingram goes beyond so-called quick fixes and speaks to men and women who know what they need to do, want desperately to do it, but find it next to impossible to break free of the too many good and important things that flood their lives.

The thesis of this book is very simple: Spiritual simplicity will never be achieved by strategic, managerial attempts to control our lives and schedules but through doing less because we love more. As you learn the practice of loving people, you will experience a shift from complex to simple, from hurried to peaceful, from “never enough time” to “time enough for those you love.” Lasting change is within your reach.

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