

TO UPLIFT CHRIST AND MAKE HIM KNOWN



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New Book Shares Sabbath Truth with Stressed-out Americans

Nampa, Idaho (September 29, 2008) — Americans are over-worked, stressed out, and tired. The fast pace of modern life is exhausting. Recent reports in the news point out the rising levels of stress among Americans and the mental toll it is taking. Perhaps that is why the Sabbath message is needed now more than ever. Shawn Boonstra, speaker and director for It Is Written International Television, has written a sharing book for non-Adventists that addresses this very problem and offers the Sabbath as its solution.

Boonstra says, "We have come to think of relentless activity as noble...Even though we secretly resent working every spare minute of every day, we actually feel guilty if we spend time doing nothing in particular...I have long suspected that the relentless pace of modern life is deliberate. Somebody is trying to keep us incessantly occupied, because if we stopped the endless cycle of activity for even a few moments, we would discover something amazing—the presence of God." In his book, Boonstra shares with modern readers the answer to the stress and craziness of life—the Sabbath. He also presents basic concepts about salvation and a relationship with God.

Published by Pacific Press®, *The Sign* offers a reprieve to all those who are tired of the noise and pace of modern life—those who are looking for rest. Designed as a sharing tool, *The Sign* is pocket-sized and perfect for sharing with family, friends, co-workers—even strangers (i.e. the guy next to you on the airplane).

"Boonstra approaches the Sabbath from a very personal and need-oriented way...showing the Sabbath as the answer to a common problem that so many Americans face," says Dale Galusha, president for Pacific Press®. "We are proud to publish this important sharing tool and to have it as our Missionary Book of the Year for 2009."

The Sign is available at any local Adventist Book Center®, or by calling (800) 765-6955, as well as online at www.AdventistBookCenter.com. Quantity discount pricing starts at \$1.99 each.

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