



# Crazy Busy: A (Mercifully) Short Book about a (Really) Big Problem

By Kevin DeYoung

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“I’M TOO BUSY!” We’ve all heard it. We’ve all said it. All too often, busyness gets the best of us.

Just one look at our jam-packed schedules tells us how hard it can be to strike a well-reasoned balance between doing nothing and doing it all.

That’s why award-winning author and pastor Kevin DeYoung addresses the busyness problem head on in his newest book, *Crazy Busy* — and not with the typical arsenal of time management tips, but rather with the biblical tools we need to get to the source of the issue and pull the problem out by the roots.

Highly practical and *super* short, *Crazy Busy* will help you put an end to “busyness as usual.”

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*By Kevin DeYoung*

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## **Crazy Busy: A (Mercifully) Short Book about a (Really) Big Problem** By Kevin DeYoung **Bibliography**

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### Editorial Review

#### Review

"Everything Kevin DeYoung writes is biblical, timely, and helpful for both life and ministry. You can't afford to miss what he says here in *Crazy Busy*. He rightly reminds us to beware of the barrenness of a busy life, since activity and productivity are not the same thing."

--**Rick Warren** #1 New York Times best-selling author, *The Purpose Driven Life*; Pastor, Saddleback Church --Review

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—**Rick Warren**, number one *New York Times* best-selling author, *The Purpose Driven Life*; Pastor, Saddleback Church

"I'm a fan of Kevin DeYoung's writing, partly because I know what to expect. He's always clear, biblical, and to the point—with a good dose of humor peppered in. *Crazy Busy* is no exception. It's a quick and engaging read that busy people can find time for. DeYoung helped me think about the heart issues behind my busyness, and even gave me some practical ways to fight it. As a pretty busy guy, I encourage other busy folks to squeeze this little book into their schedule."

—**Trip Lee**, hip-hop artist; author, *The Good Life*; pastor, Cornerstone Church, Atlanta

"DeYoung is a smart guy, and he offers a refreshing (and refreshingly short) take on the plague of modern American life: the too-long to-do list and the overscheduled calendar that produce the frazzled response 'busy' to the innocent question 'How are you?' DeYoung doesn't offer time management but rather theology. God wants you to use your talents, but God is not nearly as big on the idolatry of self-importance that often motivates overcommitment. Some of this could well have been said in a sermon, which would have been even shorter. But DeYoung is clever ('If Jesus were alive today, he'd get more emails than any of us.'), his analysis is well-organized, and he brings theological thinking without moralizing. If you are someone who checks your email before going to bed and as soon as you wake up, DeYoung has your number, and this is your book." (September 30, 2013)

—**Publisher's Weekly**

"DeYoung shows how trusting in God's providence helps us work hard without going crazy."

—**World Magazine**

"Informal and friendly, [*Crazy Busy*] prompts readers to take a long, unsparing look at the things they say and do." (September, 2013)

—**Christianity Today**

"A great book for the stressed-out. DeYoung shows that Jesus was busy and Christians should be busy discipling nations, parenting children, and bearing burdens. He rightly differentiates that from 'crazy busy,' a frenzied trying to please some and control others—and he shows how biblical rhythms and trust in God's

providence can keep us sane. Also a great book for parents who live in a Kindergarchy, over-programming their children: DeYoung says let them play, because it's not easy either to ruin them or to assure their success."

—**Marvin Olasky**, Editor in Chief, *World Magazine*

"Habitual, sinful busyness is something that many struggle with and yet, it's rare to hear teaching on this important topic. With refreshing transparency and his trademark humor, Kevin DeYoung identifies the problem and gives helpful practical instruction on how to find our rest in Christ. DeYoung has served the church well (once again). I highly recommend this book."

—**Shai Linne**, hip-hop artist

"I'm glad to take time out of my busy life to endorse *Crazy Busy* by Kevin DeYoung. As Kevin makes abundantly clear, our busyness can be evidence of our faithfulness or, on the other hand, evidence of our pride, ambition, and unbridled activity. As always, Kevin DeYoung is a careful thinker, a gifted pastor, and a writer who keeps the reader on the edge of our seat."

—**R. Albert Mohler Jr.**, President and Joseph Emerson Brown Professor of Christian Theology, The Southern Baptist Theological Seminary

"Kevin DeYoung goes after our busyness with all the best of Reformed theology: we don't need to manage our busyness better, we have a busy heart, seeking approval from others. The problem isn't too much to do, but a heart out of tune with God's calling, forgetting its limitations, seduced by the siren calls of 'the perfect family' or 'the successful career.' In a world where speed and accomplishment is everything, DeYoung calls us to return to the rhythms of a Sabbath rest."

—**Paul E. Miller**, executive director, seeJesus; author, *A Praying Life* and *A Loving Life*

"Busy, hectic lives are the bane of the modern world. This book is not profound; rather it simply offers a lot of that most unfashionable commodity—common sense. DeYoung exposes the nature of busyness, the various ways in which it deludes us, and offers some basic advice on what to do about it. A fine, short book which deserves a wide readership."

—**Carl R. Trueman**, Paul Woolley Professor of Church History, Westminster Theological Seminary; author, *The Creedal Imperative* and *Luther on the Christian Life*

"If you are like me and think you are too busy to read this book, trust me, you are too busy not to. As a mom of two little ones at home, I find my days are long, busy, and exhausting. However, after reading *Crazy Busy*, perspectives, priorities, and order were put back in place. This has been one of the most helpful books I have read to date. Whether you are a mom of two or a CEO of 200, this book will point you to the one and only thing your soul truly needs . . . Christ."

—**Ali Deckard**, stay-at-home mom

"If you're like me, you'll see yourself in the mirror of DeYoung's experience and will be prompted to make changes based on the biblical diagnosis we find in these pages. Trust me. You're too busy not to read this book."

—**Trevin Wax**, Managing Editor, *The Gospel Project*; author, *Gospel-Centered Teaching*, *Counterfeit Gospels*, and *Holy Subversion*

## About the Author

**Kevin DeYoung** (MDiv, Gordon-Conwell Theological Seminary) is the senior pastor at University Reformed Church (PCA) in East Lansing, Michigan. He serves as a council member at the Gospel Coalition and blogs at *DeYoung*, *Restless*, and *Reformed*. He serves as Chancellor's Professor of Systematic and

Historical Theology at Reformed Theological Seminary and is a PhD candidate at the University of Leicester. He is the author of several books, including *Just Do Something*, *Crazy Busy*, and *The Biggest Story*. Kevin and his wife, Trisha, have seven children.

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