

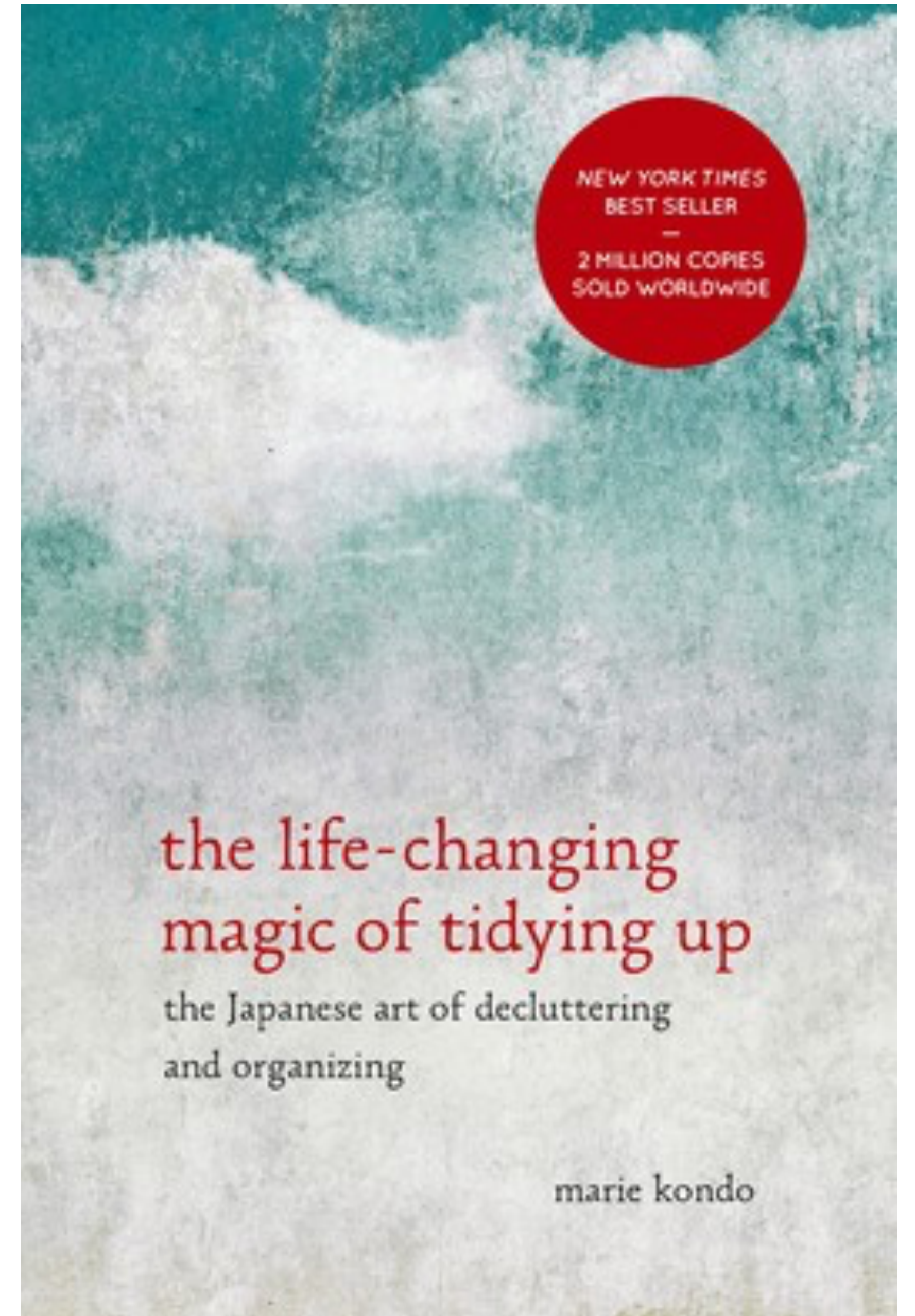


*FULLY ALIVE*



# *FULLY ALIVE*

PART 2: DETOX



## No Place Like Home: Home Tours Correlate With Daily Patterns of Mood and Cortisol



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### Abstract

The way people describe their homes may reflect whether their time at home feels restorative or stressful. This article uses linguistic analysis software (Linguistic Inquiry and Word Count) to analyze 60 dual-income spouses' self-guided home tours by calculating the frequency of words describing clutter, a sense of the home as unfinished, restful words, and nature words. Based on a principal components analysis, the former two categories were combined into the variable stressful home and the latter two into restorative home. Over 3 weekdays following the home tours,


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What's this?

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**DOES IT BRING  
YOU JOY? IF NOT,  
GET RID OF IT.**

# DETOX / RESET

- your space
- your body
- your time
- your mind
- your story
- your relationships
- your conscience

**DETOX YOUR  
BODY**

**Nutrition**



**Exercise**



**Water**



**Sunlight**



**Temperance**



**Air**



**Rest**



**Trust in God**











**FORKS  
OVER  
KNIVES**



**DETOX YOUR TIME**



**BUSY IS THE  
NEW COOL**

# **BUSYNESS CAN LEAD TO:**

- Stress
- Illness
- Lack of productivity
- Lack of strategy
- Relational breakdown
- Spiritual breakdown



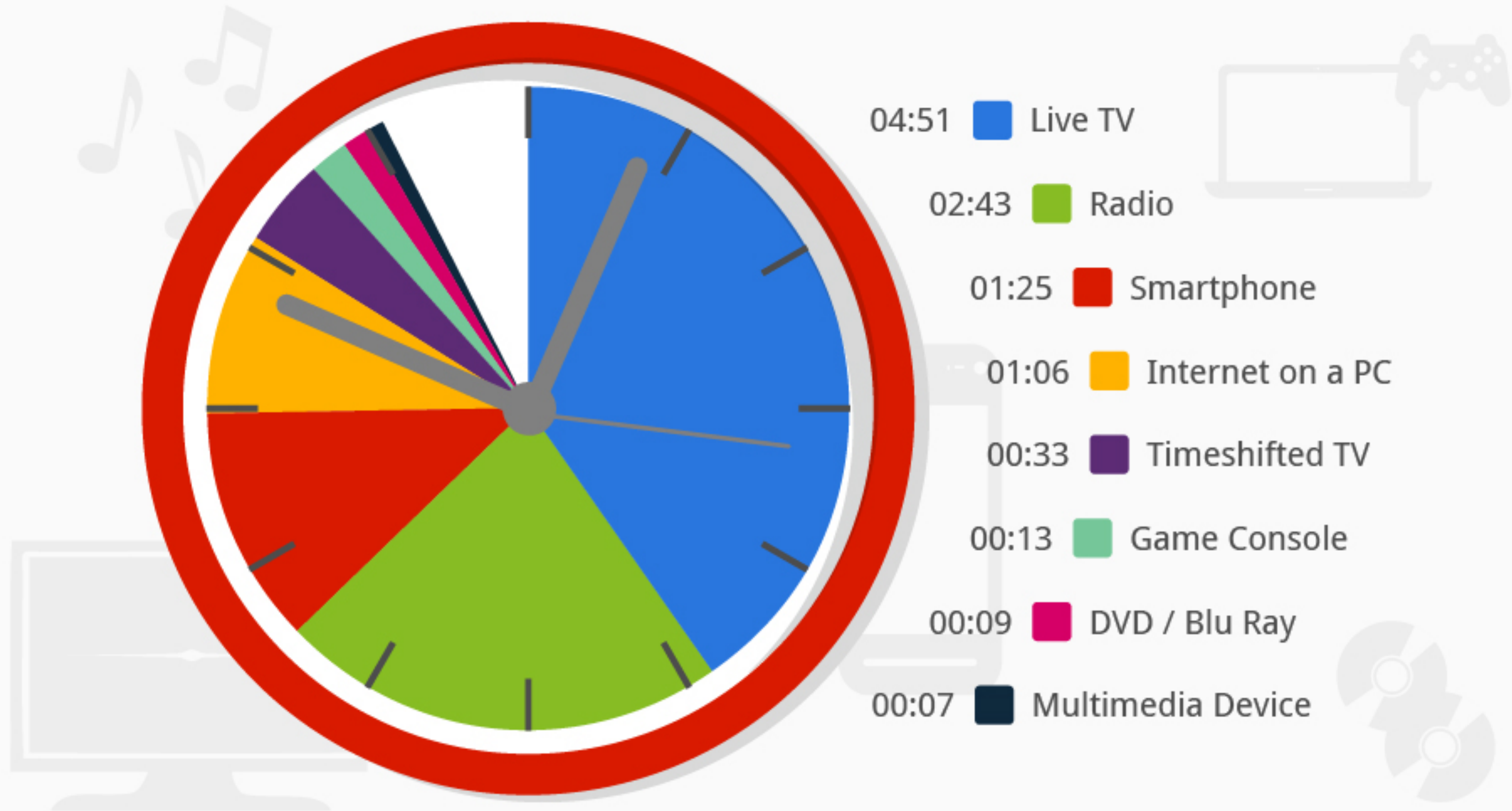
**HOW CAN WE  
CREATE MORE  
WHITE SPACE IN  
OUR LIVES?**





# Americans Use Electronic Media 11+ Hours A Day

Average time American adults (18+) spent with electronic media in Q4 2014 (hours:minutes)



**WATCHING TV**

**1**



**7 YEARS +  
8 MONTHS**

**ON SOCIAL MEDIA**

**2**



**5 YEARS +  
4 MONTHS**

**EATING • DRINKING**

**3**



**3 YEARS +  
5 MONTHS**



"HOW WE SPEND OUR DAYS IS, OF COURSE, HOW WE  
SPEND OUR LIVES."

- ANNIE DILLARD

**WHY IS DETOX  
SO SCARY?**



ST BELIEVE  
OFFICE 1000

Expo

For any happiness, even in this world, quite a lot of restraint is going to be necessary... every sane and civilized man must have some sort of principles by which he chooses to reject some of his desires and to permit others.

**C.S. LEWIS**

One man does this on Christian principles, another on hygienic principles, another on sociological principles. The real conflict is not between Christianity and nature. For 'nature' (in the sense of natural desire) will have to be controlled anyway, unless you are going to ruin your whole life.

**C.S. LEWIS**



Whatever you're  
doing, stop while  
you're enjoying it.



**MY GRANDPA**

No good thing will He withhold from  
those who walk uprightly.

**PSALM 84:11**

**DETOX  
YOUR MIND**

**THE  
MIND  
LIES**



# COGNITIVE DISTORTIONS

- all or nothing thinking
- mind reading
- fortune telling
- catastrophizing
- labeling

You desire truth in the inward parts.

**KING DAVID**

# DETOX YOUR STORY





# DETOX YOUR RELATIONSHIPS

*How to Find Relationships That Are Good for You*



# SAFE PEOPLE

*and Avoid Those That Aren't*



DR. HENRY CLOUD  
DR. JOHN TOWNSEND  
*Authors of Boundaries*



OVER 2 MILLION COPIES SOLD

WHEN TO SAY YES  
HOW TO SAY NO  
TO TAKE CONTROL  
OF YOUR LIFE



# BOUNDARIES

NEW YORK TIMES BESTSELLER

DR. HENRY CLOUD & DR. JOHN TOWNSEND

**DETOX YOUR  
CONSCIENCE**



Have mercy upon me, O God,  
According to Your lovingkindness;  
According to the multitude of Your tender  
mercies, Blot out my transgressions.  
Wash me thoroughly from my iniquity,  
And cleanse me from my sin.

**KING DAVID**

For I acknowledge my transgressions,  
And my sin is always before me.  
Against You, You only, have I sinned,  
And done this evil in Your sight—  
That You may be found just when You speak,  
And blameless when You judge.

**KING DAVID**

Behold, I was brought forth in iniquity,  
And in sin my mother conceived me.  
Behold, You desire truth in the inward parts,  
And in the hidden *part* You will make me to  
know wisdom.

**KING DAVID**

Purge me with hyssop, and I shall be clean;  
Wash me, and I shall be whiter than snow.  
Make me hear joy and gladness,  
*That* the bones You have broken may rejoice.  
Hide Your face from my sins,  
And blot out all my iniquities.

**KING DAVID**



Create in me a clean heart, O God,  
And renew a steadfast spirit within me.  
Do not cast me away from Your presence,  
And do not take Your Holy Spirit from me.  
Restore to me the joy of Your salvation,

**KING DAVID**

**RESTORE TO ME  
THE JOY.**

**DOES IT BRING  
YOU JOY? IF NOT,  
GET RID OF IT.**



*FULLY ALIVE*