

BIO

AUTHOR BIOGRAPHY



Jan Johnson, author of
*Abundant Simplicity:
Discovering the Unhurried
Rhythms of Grace*

Available June 2011
\$15, 160 pages, paperback,
978-0-8308-3547-8

Jan Johnson, a spiritual director and a frequent speaker at retreats and conferences, is based near Los Angeles, California. She is the author of numerous books and Bible studies, including *Invitation to the Jesus Life*, *Enjoying the Presence of God*, *Growing Compassionate Kids* and *When the Soul Listens*. She is also the coauthor (with Dallas Willard and Keith Matthews) of *Dallas Willard's Study Guide to The Divine Conspiracy*.

For more information about her books and work visit janjohnson.org.

Praise for *Abundant Simplicity*

“Jan Johnson’s *Abundant Simplicity* opens up an inviting spiritual path with clear explanations, rich references to a long Christian spiritual tradition, searching exercises in self-examination and piercing questions. Her vivid style and depth of perception help us to practice authentic simplicity and gain the abundant blessings of doing so. All under the power of God’s grace.”

—Emilie Griffin, author of *Souls in Full Sail*

“Jan Johnson believes that an outwardly simple life yields great inner riches. Weaving together Scriptures, stories and practical suggestions, she paints an inviting picture of simplicity and encourages the reader to embrace this countercultural, yet fruitful, spiritual practice. Her winsome and engaging perspective is urgently needed today.”

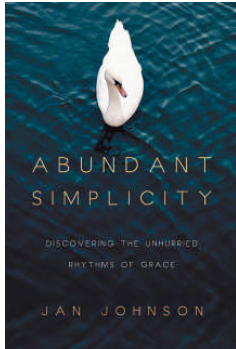
—Lynne M. Baab, author of *Sabbath Keeping* and
Friending: Real Relationships in a Virtual World

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TALKING POINTS



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“The point of simplicity is not efficiency, increased productivity or even living a healthier, more relaxed life. The point is making space for treasuring God’s own self.”

—Jan Johnson,
Abundant Simplicity

Finding Simplicity

What happens when we pursue simplicity?

“Disciplines of simplicity are powerful because they move us away from making self-indulgent but seemingly benign choices just for today: don’t buy this one thing; don’t sign up for one more activity; don’t mention this last accomplishment to anyone. Even if we do a practice for just a day or a week, it still trains us not to grab what we want now. In the midst of our feeling uncomfortable in these little experiments, something quite beautiful happens within us: the enormous river barge of our life flowing toward self-indulgence is being turned around in a great river and will soon be moving upstream toward self-giving Christlikeness.” (Chapter 2, “Coping with Plenty”)

What does it mean to be simple in our communication?

“Saying few words that have a deep fullness comes from a heart that has examined and distilled its motives and given up using words to push self forward or win over others.” (Chapter 4, “Fewness and Fullness of Words”)

How does frugality help us to live more simply?

“Practicing frugality does not give us something extra to do, but it guides decisions we already make. As we shed excess possessions, we have more time and energy to spend on things we deem important: hanging out with God, paying attention to people and serving in adventurous ways that previously took a back seat. It becomes easier to share money and possessions with joy. As followers of Christ, we commit ourselves to continually raising our standard of loving rather than our standard of living.” (Chapter 5, “Living Light in a Land of Plenty”)

How do we pursue simplicity in our leisure time as we plan vacations, make entertainment choices, spend time with friends?

“In order to practice leisure to the glory of God and give thanks to God with our bodies, minds and emotions, we need to be deliberate about it and not ignore it or just hope it happens.” (Chapter 8, “Putting the ‘Free’ in ‘Free Time’”)