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Cunningham's "Dancing like bees: 31 Steps to de-stress, delight, and dance like bees" (book review)

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Book Reviews



Cunningham, P. (2016). *Dancing like bees: 31 Steps to de-stress, delight, and dance like bees*. Dallas, TX: Pix-N-Pens Publishing. 149 pp. \$13.99. ISBN 9781944120085

Understanding stress from a biblical perspective and learning how to de-stress the right way can be difficult. This book seeks to break down that difficulty with biblical advice on the topic of stress and delighting in the Lord. The book is organized into 31 chapters for a potentially 31-day devotional. The analogy of honeybees used throughout the book gives a practical example for the biblical concepts of Christian living that *Dancing Like Bees* addresses. The chapters have titles like Be Pollinating, Be Busy, Be Bold and Be Prosperous. They contain within them stories of the author's time as a missionary in South America and how she learned to use everyday situations to grow in her faith. The end of each chapter has a section titled "Bee Buzz" where the author shares how that chapter's lesson relates to honeybees.

Throughout *Dancing Like Bees*, actions such as breathing deeply, finding a quiet place to rest, reading God's word, getting up early to pray and showing Jesus' peace to others are given as a sample of the activities to be encouraged in everyday life. While the biblical concepts mentioned in this book are true, constant and eternal, the author's writing is very simplistic and often choppy. The comparison to honeybees feels forced in many instances. As an example, the chapter titled "Be Encouraging" discusses how our encouragement should be real, comparing it to how honey produced by bees is real. The Bee Buzz for that chapter states, "Honey is a pure food. It is the only food that doesn't spoil. It is the real deal of foods. It fattens us up and strengthens us. Jesus is the real deal! He fattens our souls" (p. 67).

Dancing Like Bees touches on a topic that is necessary for today. Unfortunately, it was disappointing in its delivery. It would not be a book for academic libraries or to give to someone struggling significantly with stress.

Reviewer

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