



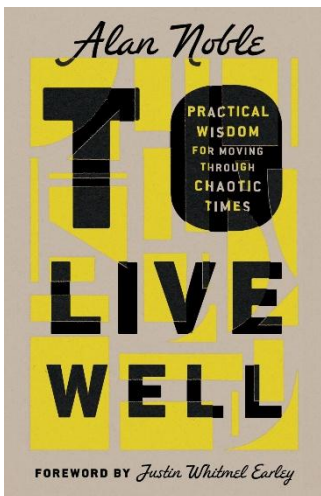
DETAILS

To Live Well *Practical Wisdom for Moving Through Chaotic Times*

April 28, 2026 | \$24.99, 200 pages, hardcover | 978-1-5140-0224-7

O. Alan Noble (PhD, Baylor) is associate professor of English at Oklahoma Baptist University, a fellow at the Keller Center for Cultural Apologetics, and author of *On Getting Out of Bed*, *You Are Not Your Own*, and *Disruptive Witness*. Noble has published articles at *The Atlantic*, *The Gospel Coalition*, *First Things*, and *Christianity Today*. He lives with his wife and three children in Oklahoma City.

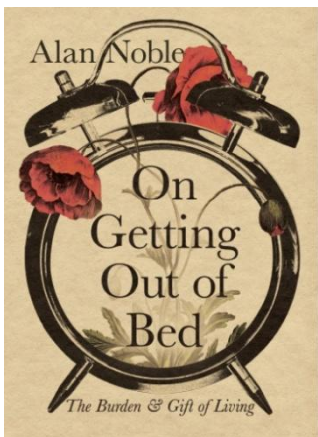
Award-Winning Books from Alan Noble



***To Live Well: Practical Wisdom for Moving Through Chaotic Times* (2026)**

Our lives are shaped by contradictions. We're handed a thousand broken messages and left to cobble together something resembling a life. But instead of clarity, we get exhaustion. Instead of wisdom, we get anxiety.

In *To Live Well*, Alan Noble shows you how you can not only endure but flourish in life. Through exploring the seven virtues of prudence, justice, fortitude, temperance, faith, hope, and love, you'll learn how to choose gracefully, act justly, suffer steadfastly, live moderately, believe soundly, hope resolutely, and love rightly. This book won't give you a ten-step plan to fix everything. It doesn't promise clarity overnight. But it will invite you into something deeper: an ancient, time-tested path of habits of heart and mind that shape who we are and how we live.



***On Getting Out of Bed: The Burden and Gift of Living* (2023)** *Christianity Today* Award of Merit

"Alan Noble unveils the sheer paralyzing terror of a full-blown panic attack as well as just what chronic low-grade melancholy feels like inside. Some days it's all you can do just to get out of bed. Noble has no quick fixes to recommend. Rather, he points suffering Christians to the suffering Savior as the sole reason to keep on keeping on. In God's kingdom little things count: a cup of cold water given in Jesus' name, for instance. Alan Noble reminds us that simply doing the next thing can be a courageous act of faith—like getting out of bed when we'd rather not."

—Harold L. Senkbeil, executive director emeritus of Doxology:
The Lutheran Center for Spiritual Care and Counsel



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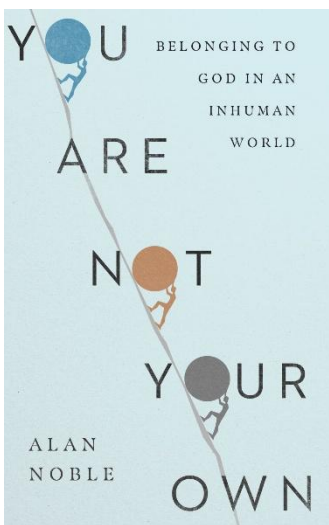


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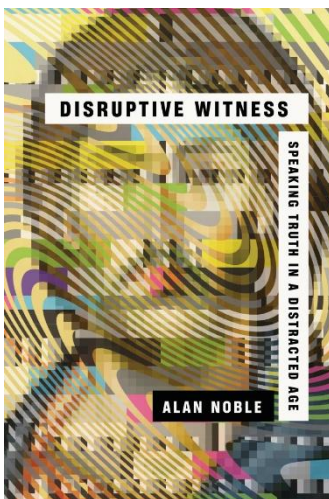


You Are Not Your Own: Belonging to God in an Inhuman World (2021)

The Gospel Coalition Book Awards Honorable Mention

“Alan Noble’s book is exactly what we need. It shows the severe weaknesses of the supposedly liberated modern approach to identity and lifts up the biblical and Christian confessional resources (the sixteenth-century Heidelberg Catechism) that can heal us. As you can see from Alan’s copious notes, he has read deeply in the many great critiques of the modern self written over the past two generations. But while powerful and penetrating, these volumes are inaccessible to the average person and therefore they have not gotten the traction in our culture that they should. Alan is, I hope, the beginning of a new generation of scholar-writers who can bring the insights of these thinkers down to earth and apply them in the most practical, compelling, and helpful form.”

—Timothy Keller, Redeemer City to City



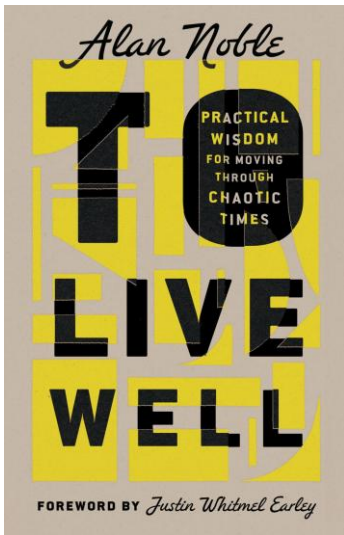
Disruptive Witness: Speaking Truth in a Distracted Age (2018)

2018 *WORLD Magazine* Book of the Year - Accessible Theology
2018 *ECPA* Top Shelf Book Cover Award
***Publishers Weekly* starred review**

We live in a distracted, secular age. These two trends define life in Western society today. We are increasingly addicted to habits—and devices—that distract and “buffer” us from substantive reflection and deep engagement with the world. And we live in what Canadian philosopher Charles Taylor calls “a secular age”—an age in which all beliefs are equally viable and real transcendence is less and less plausible. Drawing on Taylor’s work, Alan Noble describes how these realities shape our thinking and affect our daily lives. *Disruptive Witness* casts a new vision for the evangelical imagination, calling us away from abstraction and cliché to a more faithful embodiment of the gospel for our day.



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Q & A



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An Interview About Alan Noble's Newest Book

What experiences led you to write this next book, *To Live Well*?

Alan I was motivated to write this book after speaking across the country about *You Are Not Your Own* and people asking me what they could practically do in their day-to-day life. How could they better use their smartphones? How could they better participate in their communities? In addition, I was speaking to college students regularly who had questions about how to navigate major life decisions. It seemed to me that there was a hunger for mentorship and practical wisdom, and I wanted to try to offer that.

How does *To Live Well* relate to or build on your previous books?

Alan: Where *Disruptive Witness* and *You Are Not Your Own* lay out the disorder of a secular contemporary world, *To Live Well* offers practical ways to move forward. My first few books were focused on social analysis with some theological responses. *To Live Well* addresses that same contemporary chaos created by secularization, expressive individualism, and radical autonomy, and it poses the question, what are we supposed to do to live well for God? How do we navigate a chaotic world righteously and virtuously?

What is the main idea behind *To Live Well*?

Alan: The central thesis is that the contemporary world is unsettled and uncertain, giving us little guidance or conflicting guidance. As a result, we feel lost, confused, anxious, and frustrated. In the seven traditional virtues (prudence, justice, fortitude, temperance, faith, hope, and love) we can reorient ourselves toward God and his Good, giving us practical ways to move through the world. While there are plenty of practical guides to life, this one grounds itself in virtues embraced by many Christians throughout church history. In other words, whatever wisdom there is to be found here is rooted in a historic understanding of the faith and the virtues.

As an example, how does temperance help us reorient ourselves toward God?

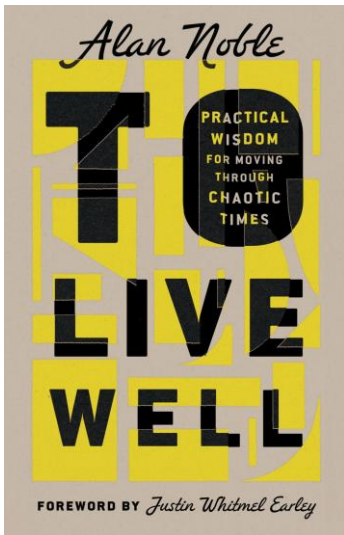
Alan: We live in a noisy, distracted world that calls us to indulge and consume to excess. The virtue of temperance has to do with ordering our inner life toward God. When we allow our inner lives to be intemperate, we push out space for prayer, for contemplation of our neighbor and their needs, and we fall into various sins like lust or greed.



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Culturally speaking, how could temperance guide our development of artificial intelligence?

Alan: In the book, I argue that we should adopt sociologist Jacques Ellul's ethical concept of choosing not to do all that we can do. I see this as a practice of temperance. As we develop A.I., instead of asking *what* we can do, we should be asking what we *ought* to do. Currently, many techno-determinists believe that we must follow A.I. wherever it leads, but if we practiced temperance, we would see that some uses and developments of A.I. are unethical and even harmful to humanity.

You essentially say that we are anxiously striving to do the right thing but are never sure what the right thing is. What do you mean by that?

Alan: We all feel a tremendous pressure to do the moral thing today, whether that's taking the right political stand, or social justice stand, or saying the right thing, or choosing the right job, or eating the right diet. The "right thing" is on our minds constantly. And yet we have so many *conflicting guides* to life that it feels impossible to know what the right thing to do is. Everything matters, everyone has an opinion, everyone disagrees, and no one seems to know what they are doing. Which is one reason why a return to the language and tradition of virtues is so helpful. They are time tested and grounded in biblical truths.

Who do you hope reads this book?

Alan: I think that anyone who feels confused, conflicted, or anxious about living in the contemporary world would benefit from this book, but especially younger people or those facing changing life circumstances or major life decisions.

What are some key points you hope readers take away from *To Live Well*?

Alan:

- It's normal to feel lost and confused in a society that lacks moral norms.
- Life is hard, but through God and the cultivation of virtue we can endure and flourish.
- We were created for magnanimity, to pursue excellence for the glory of God.
- While striving toward virtue does not save us or make us righteous before God, it does align our lives to God's will and honor him.
- Love is the affirmation that it is good that someone or something exists, that it is good that God created them or it.



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BIO



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For more information about Alan visit oalannobel.com

Substack: [@oalannoble](https://oalannoble.substack.com)

Dr. O. Alan Noble, author of *To Live Well*

O. Alan Noble (PhD, Baylor) is associate professor of English at Oklahoma Baptist University and a fellow at the Keller Center for Cultural Apologetics. In addition to his latest book, *To Live Well*, he is the author of *On Getting Out of Bed, You Are Not Your Own*, and *Disruptive Witness*.

In his youth Alan lived in Lancaster, California, where he was homeschooled by his mother. At age sixteen he finished high school and began attending Antelope Valley College, pursuing a certificate in music, which he earned but never filled out the paperwork for, so it probably doesn't count. He did, however, meet his wife Brittany at AVC, which definitely counts. Alan continued his undergraduate work at the Cal State Bakersfield satellite campus at AVC, earning his degree in English. Then he earned his Master's in English at CSUB-AV.

Other things Alan did while in Southern California: tutored high school felons at a probation camp; substituted at various high schools; helped produce, write, rap, engineer, and record two hip-hop albums; taught composition and literature at Antelope Valley College; went bald; got married.

In 2007, Richard Clark contacted Alan about joining a new venture he was starting called *Christ and Pop Culture*. That November, Alan began writing and then editing for the site. Brittany and Alan moved to Waco, Texas, to pursue graduate degrees at Baylor University in 2008. While at Baylor, Alan studied under Ralph Wood, David Lyle Jeffrey, Luke Ferretter, and Richard Russell. His dissertation was written under the supervision of Dr. Ferretter and was titled *Manifestations of Transcendence in Twentieth-Century American Fiction: F. Scott Fitzgerald, Carson McCullers, J.D. Salinger, and Cormac McCarthy*. Charles Taylor's work on secularism and the self formed the theoretical basis for the dissertation and much of Alan's later writing. While in Waco, Brittany and Alan had two children, Eleanor and Quentin, and they attended Redeemer Presbyterian Church. At nights, Alan continued to write and edit for *Christ and Pop Culture*, now with the title managing editor.

In the fall of 2014, the Nobles moved to Shawnee, Oklahoma, where Alan accepted a position as assistant professor of English at Oklahoma Baptist University. After Richard Clark left *Christ and Pop Culture* for *Christianity Today*, Alan became editor-in-chief at the site. At this time, Alan began writing for *The Atlantic*, *Christianity Today*, and *First Things*, particularly on issues related to pluralism and secularism. The Nobles' third child, Frances, was born in 2015. As the 2016 election ramped up, Alan launched the group *Public Faith* with Michael Wear to offer an alternative evangelical political voice. He also joined The AND Campaign as an advisor.

Alan has written articles for Christian publications such as *Modern Reformation*, *InTouch Magazine*, and *Christianity Today* and for secular publications like *VOX*, *Buzzfeed*, and *The Atlantic*. He has been interviewed, quoted, or cited in a number of major publications, including *The New York Times*, *The Washington Post*, *MTV News*, *MSNBC*, *The Guardian*, *Buzzfeed*, *Politico*, *Village Voice*, *Yahoo! News*, *ThinkProgress*, *The Blaze*, *WORLD Magazine*, and *Slate*. And he has spoken at colleges, churches, and youth groups on a range of topics related to the church and culture.



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