

A Better Life Slowing Down To Get Ahead

Chasing SlowThe Too-Busy BookLife in the Sloth LaneSlowSpyThe Slow FixSix Simple Rules for a Better LifePresent, Not PerfectAddicted to HurryThe Flourish FormulaStillness Is the KeyThe Ruthless Elimination of HurryIkigaiThe Things You Can See Only when You Slow DownMaking a LifeHurry Up!Love Slows DownInfinite JestIn Praise of SlowThe Joy of Doing NothingThe Age of MiraclesSlowdownA Better LifeSlow ProfessorPresent Over PerfectLifespanWorld Enough & TimeSimple MattersSlow Down to Speed UpA Gentler LifeSeeking SlowThe Sloth Who Slowed Us DownPatienceSlowing Down to the Speed of LifeThe Time MiracleDaily PowerPlay-Full Life: Slowing Down & Seeking PeaceThe Purpose Driven LifeDestination SimpleThe Power of Less

Chasing Slow

Holiday, author of *The Obstacle Is the Way* and *Ego Is the Enemy* draws on timeless Stoic and Buddhist philosophy to show why slowing down is the secret weapon for those charging ahead.

The Too-Busy Book

A busy boy and his dog learn to slow down and enjoy life together in this lyrical, rhyming picture book perfect for hurried families everywhere. For one busy boy, life is all hurry up, hurry down, hurry round and round and round! That is until he takes a big breathand a big breakand slows down to see all the wonderful things in the world around him. From celebrated picture book creators Kate Dopirak and Christopher Silas Neal, this playful yet powerful picture book reminds us to be present, to be mindful, and to appreciate each moment.

Life in the Sloth Lane

When the speediest family in the world finds a sweet, slow sloth on their doorstep, they take him in. But, little do they know, their new pet has quite a bit to teach them. For Amy's family, there simply aren't enough hours in the day to get everything done. Mom rushes through her work. Dad rushes through his chores. Even little Amy rushes through dinner. But Sloth does things slowly. He likes to take long, leisurely baths with lots and lots of bubbles. He plays drawn-out, imaginative games. He eats his food slowly, enjoying one small bite at a time. After a few weeks of caring for their new pet, Amy's family finds that they actually do have enough time to tell one another stories or go for long walks together after dinner—so long as they stop rushing around so much. *The Sloth Who Slowed Us Down* is a celebration of slowing down and remembering the important things in life.

Slow

Fight back against busyness and celebrate the pleasure of doing nothing in this new guide that helps relieve stress and increase happiness in your life. In *The Joy of Doing Nothing* you'll discover how to step away from everything you think you have to do and learn to live a minimalist life. Rachel Jonat shares simple strategies to help you stop overscheduling, find time for yourself, and create moments of calm every day. You'll learn how to focus more on the important aspects of life, such as family and friends, and scale back your schedule to create more time in the day to care for yourself.

Spy

You won the Lottery of Life by just being born! Your prize is the number of days you are given to live. How will you spend your "time winnings"? Time spent sleeping, eating, earning money, and watching TV will leave you with just 7 years to enjoy life! How can you free up time and make the most out of life? The Time Miracle will show you how.

The Slow Fix

"Age-old wisdom presented in a practical, easy to understand manner that can be utilized by everyone." —Bernie Siegel, M. D., author of Love, Medicine & Miracles Newly revised and updated to address the increased stress of our modern times, Slowing Down to the Speed of Life by bestselling author Richard Carlson (Don't Sweat the Small Stuff...and It's All Small Stuff and Don't Get Scrooged) and Joseph Bailey is the classic guide to creating a more peaceful, simpler life from the inside out. With practical and easy exercises to help you slow down your mind and focus on the present moment, Slowing Down to the Speed of Life, in the words of Dan Millman, bestselling author of Way of the Peaceful Warrior, is "a life-enhancing book with insightful principles for peaceful and productive living at work and at home."

Six Simple Rules for a Better Life

OVER 500,000 COPIES SOLD! In these pages, New York Times bestselling author Shauna Niequist invites you to consider the landscape of your own life, and what it might look like to leave behind the pressure to be perfect and begin the life-changing practice of simply being present, in the middle of the mess and the ordinariness of life. As she puts it: "A few years ago, I found myself exhausted and isolated, my soul and body sick. I was tired of being tired, burned out on busy. And, it seemed almost everyone I talked with was in the same boat: longing for connection, meaning, depth, but settling for busy. "I am a wife, mother, daughter, sister, friend, neighbor, writer, and I know all too well that settling feeling. But over the course of the last few years, I've learned a way to live, marked by grace, love, rest, and play. And it's changing everything. "Present Over Perfect is an invitation to this journey that changed my life. I'll walk this path with you, a path away from frantic pushing and proving, and toward your essential self, the one you were created to be before you began proving and earning for your worth." Written in Shauna's warm and vulnerable style, this collection of essays focuses on the most important transformation in her life, and maybe yours too: leaving behind busyness and frantic living and rediscovering the person you were made to be. Present Over Perfect is a hand reaching out, pulling you free from the constant pressure to perform faster, push harder, and produce more, all while maintaining an exhausting image of perfection. Shauna offers an honest account of what led her to begin this journey, and a compelling vision for an entirely new way to live: soaked in grace, rest, silence, simplicity, prayer, and connection with the people that matter most to us.

Present, Not Perfect

Haemin Sunim, a renowned Buddhist meditation teacher, illuminates a path to inner peace and balance amid the overwhelming demands of everyday life. He offers guideposts to well-being and happiness, and emphasizes the importance of forging a deeper connection with others and being compassionate and forgiving toward ourselves.

Addicted to Hurry

Free yourself from the frantic and embrace the joy of slow "After reading this book, you'll have an amazing list of ingredients that can help you create a meaningful life, too!" —The Minimalists Joshua Fields Millburn and Ryan Nicodemus "Finally, a slow living guide for the imperfect folks . . . Brooke McAlary's exuberant, honest words are a refreshing contribution to the slow living community. If you're seeking a simpler path, start here." —Erin Loechner, Blogger at DesignforMankind.com and author of *Chasing Slow* Are you constantly striving to keep up with life's busy expectations? It's easy to feel consumed with the desire to "succeed" and "acquire", and miss the simple opportunities waiting for you to slow down: a walk in the forest, sharing laughter with family, a personal moment of gratitude Once upon a time, it became clear to Brooke McAlary that the key to happiness was discovering a simpler, more fulfilling existence. She put the brakes on her stressful path, and reorganized her life to live outside the status-quo, emphasizing depth, connection and meaningful experiences. Alongside Brooke's affirming personal stories of breaking down and rising up, *Slow* provides practical advice and fascinating insights into the benefits and challenges of the slow life, such as: —Decluttering to de-owning —Messiness to mindfulness —Asking why, to asking where to now? *Slow* is an inspirational guide on creating a life filled with the things that really matter, and is meant for anyone seeking peace, meaning, and joy in their otherwise rapid lives. *Slowly*—of course.

The Flourish Formula

NEW YORK TIMES BESTSELLER • A young woman is caught up in a dangerous double life on behalf of her country during World War II in Danielle Steel's thrilling new novel. At eighteen, Alexandra Wickham is presented to King George V and Queen Mary in an exquisite white lace and satin dress her mother has ordered from Paris. With her delicate blond looks, she is a stunning beauty who seems destined for a privileged life. But fate, a world war, and her own quietly rebellious personality lead her down a different path. By 1939, Europe is on fire and England is at war. From her home in idyllic Hampshire, Alex makes her way to London as a volunteer in the First Aid Nursing Yeomanry. But she has skills that draw the attention of another branch of the service. Fluent in French and German, she would make the perfect secret agent. Within a year, Alex is shocking her family in trousers and bright red lipstick. They must never know about the work she does—no one can know, not even the pilot she falls in love with. While her country and those dearest to her pay the terrible price of war, Alex learns the art of espionage, leading to life-and-death missions behind enemy lines and a long career as a spy in exotic places and historic times. *Spy* follows Alex's extraordinary adventures in World War II and afterward in India, Pakistan, Morocco, Hong Kong, Moscow, and Washington, D.C., when her husband, Richard, enters the foreign service and both become witnesses to a rapidly changing world from post-war to Cold War. She lives life on the edge, with a secret she must always keep hidden.

Stillness Is the Key

Another Landmark Book by Rick Warren. You are not an accident. Even before the universe was created, God had you in mind, and he planned you for his purposes. These purposes will extend far beyond the few years you will spend on earth. You were made to last forever! Self-help books often suggest that you try to discover the meaning and purpose of your life by looking within yourself, but Rick Warren says that is the wrong place to start. You must begin with God, your Creator, and his reasons for creating you. You were made by God and for God,

and until you understand that, life will never make sense. This book will help you understand why you are alive and God's amazing plan for you---both here and now, and for eternity. Rick Warren will guide you through a personal 40-day spiritual journey that will transform your answer to life's most important question: What on earth am I here for? Knowing God's purpose for creating you will reduce your stress, focus your energy, simplify your decisions, give meaning to your life, and, most importantly, prepare you for eternity. The Purpose Driven Life is a blueprint for Christian living in the 21st century---a lifestyle based on God's eternal purposes, not cultural values. Using over 1,200 scriptural quotes and references, it challenges the conventional definitions of worship, fellowship, discipleship, ministry, and evangelism. In the tradition of Oswald Chambers, Rick Warren offers distilled wisdom on the essence of what life is all about. This is a book of hope and challenge that you will read and re-read, and it will be a classic treasured by generations to come.

The Ruthless Elimination of Hurry

Los Angeles Times bestseller "If hygge is the art of doing nothing, ikigai is the art of doing something—and doing it with supreme focus and joy." —New York Post Bring meaning and joy to all your days with this internationally bestselling guide to the Japanese concept of ikigai (pronounced ee-key-guy)—the happiness of always being busy—as revealed by the daily habits of the world's longest-living people. What's your ikigai? "Only staying active will make you want to live a hundred years." —Japanese proverb According to the Japanese, everyone has an ikigai—a reason for living. And according to the residents of the Japanese village with the world's longest-living people, finding it is the key to a happier and longer life. Having a strong sense of ikigai—the place where passion, mission, vocation, and profession intersect—means that each day is infused with meaning. It's the reason we get up in the morning. It's also the reason many Japanese never really retire (in fact there's no word in Japanese that means retire in the sense it does in English): They remain active and work at what they enjoy, because they've found a real purpose in life—the happiness of always being busy. In researching this book, the authors interviewed the residents of the Japanese village with the highest percentage of 100-year-olds—one of the world's Blue Zones. Ikigai reveals the secrets to their longevity and happiness: how they eat, how they move, how they work, how they foster collaboration and community, and—their best-kept secret—how they find the ikigai that brings satisfaction to their lives. And it provides practical tools to help you discover your own ikigai. Because who doesn't want to find happiness in every day?

Ikigai

Finding balance for your personal, spiritual, and professional life can seem daunting. "A Play-full Life: Slowing Down and Seeking Peace" explores the life-giving power of play. Through practices of solitude and hospitality, creativity and quiet, author Jaco J. Hamman empowers Christians to sense the fullness of life and to seek peace.

The Things You Can See Only when You Slow Down

Are you being consumed by never-ending to-do lists? Are you working harder and enjoying less? Seeking Slow provides simple ways for you to slow down and reconnect with yourself, your family, and your surroundings—while finding joy in doing so. If daily life feels too busy and hectic, it's time to discover the beauty of slow living. Being fully present and intentional with your time allows you to embrace the wholehearted moments that are right in front of you every

day. Take time to consider what your slow moments are, whether that is heading outdoors for a walk with family, learning to meditate, taking up a new craft, reading a book, or simply taking a long deep breath during a busy day. This soothing book includes helpful insights into: Managing your time Learning to nurture yourself Making a slow home Seasonal living Living sustainably Meditation and mindful living Daily slow-living rituals Feel your heart rate drop as you read this gentle guide to slowing down. The Live Well series from Rock Point invites you to create a life you love through multiple acts of self-discovery and reinvention. These encouraging gift books touch on fun yet hardworking self-improvement strategies, whether it's learning to value progress over perfection, taking time to meditate and slow down to literally smell the roses, or finding time to show gratitude and develop a personal mantra. From learning how to obtain more restful sleep and creating a healthy work/life balance to developing personal style and your own happy place, the Live Well series encourages you to live your best life. Other titles in the series include: Progress Over Perfection; Find Your Flow; Be Happy; Finding Gratitude; Eff This! Meditation; The Joy of Forest Bathing; Find Your Mantra; It Had to be You; Men's Society; Genius Jokes; The Calm and Cozy Book of Sleep; Beating Burnout; Ayurveda for Life; Choose Happy; and You Got This.

Making a Life

A Publishers Weekly Best Book of 2019 Why do we make things by hand? And why do we make them beautiful? Led by the question of why working with our hands remains vital and valuable in the modern world, author and maker Melanie Falick went on a transformative, inspiring journey. Traveling across continents, she met quilters and potters, weavers and painters, metalsmiths, printmakers, woodworkers, and more, and uncovered truths that have been speaking to us for millennia yet feel urgently relevant today: We make in order to slow down. To connect with others. To express ideas and emotions, feel competent, create something tangible and long-lasting. And to feed the soul. In revealing stories and gorgeous original photographs, Making a Life captures all the joy of making and the power it has to give our lives authenticity and meaning.

Hurry Up!

Get More Done & Discover Pleasure in Every Day In The Flourish Formula, Courtney Pinkerton reveals a simple yet comprehensive process that will help you slow down and ACCOMPLISH and SAVOR more of what is important to you. Learn eight powerful mindset and mind-body techniques to break out of the "busyness fog" so you can contribute your unique professional and creative gifts AND thrive in your personal life. "The Flourish Formula is the self-care manual every overachieving woman wants and needs. Every page offers fresh insights about how to lean back before you can lean in." -- Marie Danziger, PhD, Lecturer in Public Policy, Harvard Kennedy School 50% of the proceeds from this purchase go to nonprofits and projects in Nicaragua providing education, environmental, and health supports.

Love Slows Down

You're here, but you want to be there. So you spend your life narrowing this divide, and you call this your race, your journey, your path. You live your days tightening your boot straps, wiping the sweat from your brow, chasing undiscovered happiness just around the bend. Higher! Faster! Better! Stronger! And on and on you run. Viral sensation and HGTV.com star Erin Loechner knows about the chase. Before turning 30, she'd built a fan base of one million

women worldwide and earned the title “The Nicest Girl Online” as she was praised for her authentic voice and effortless style. The New York Times applauded her, her friends and church admired her, and her husband and baby adored her. She had arrived at the ultimate destination. So why did she feel so lost? In *Chasing Slow*, Erin turns away from fast and fame and frenzy. Follow along as she blazes the trail toward a new-fashioned lifestyle—one that will refresh your perspective, renew your priorities and shift your focus to the journey that matters most. Through a series of steep climbs—her husband's brain tumor, bankruptcy, family loss, and public criticism—Erin learns just how much strength it takes to surrender it all, and to veer right into grace. Life's answers are not always hidden where they seem. It's time to venture off the beaten path to see that we've already been given everything we need. We've already arrived. You see? You'll see.

Infinite Jest

Slow Down to Speed Up: Lead, Succeed, and Thrive in a 24/7 World is a powerful new resource for leaders from the C-Suite to the front line. Filled with innovative new approaches, pragmatic tools, and real-life success stories, this book tackles the universal challenge of getting better, faster, more sustainable results in a world of nonstop demands and constant connectivity. This book provides the concepts and tools to help leaders successfully strategize, prioritize, lead with purpose, find balance, and gain a competitive edge in today's fast-paced business environment. Based on Dr. Liz Bywater's 20 years of professional experience helping individuals, teams, and organizations thrive, the book contains real-world illustrations of the challenges faced by today's business leaders. Beyond that, it provides actionable guidance to help readers make the best decisions, create a proactive, future-focused work culture, catapult individual and team performance, and lead extraordinarily successful organizations.

In Praise of Slow

The founder of Better Life Bags, Rebecca Smith, teaches us how to take little steps, say yes when God calls, and follow the passion He has given us. Let love stretch you. As the founder of one of the most popular custom handbag companies in the country, Rebecca Smith knows a thing or two about business. A highly successful entrepreneur in a world where the focus is on scalability, brand strategy, and global marketing, Rebecca Smith also knows the truth: that every success she's experienced at Better Life Bags has been the result of very small, very ordinary, very obedient steps of faith. Moving from Savannah, Georgia, to Hamtramck, Michigan, was culture shock enough for Rebecca. But trying to feel at home in a city where twenty-six different languages were spoken and most of the inhabitants were immigrants seemed downright impossible. It was only when Rebecca recognized that God had called her to this specific neighborhood at this particular moment in time that his plans began to unfold for her. Stepping forward into the place God had called her - a place that seemed messy and uncomfortable and unfamiliar - Rebecca discovered the true secret to success: when we slow down, pay attention, and trust that still, small voice of God to guide us, we just might change the world. Though Rebecca never set out to build a brand or create an empire, God saw Rebecca's heart for others, and began to multiply her efforts in ways she could have never imagined, creating a company where women from different cultures, faiths, and backgrounds work together for the good of others - for a better life. As you read this inspiring story, you will discover how to hear and follow God's voice for yourself as you slow down, take one small step at a time, and make a difference in the world right where you are.

The Joy of Doing Nothing

With the countless distractions that come from every corner of a modern life, it's amazing that we were ever able to accomplish anything. *The Power of Less* demonstrates how to streamline your life by identifying the essential and eliminating the unnecessary freeing you from everyday clutter and allowing you to focus on accomplishing the goals that can change your life for the better. *The Power of Less* will show you how to: Break any goal down into manageable tasks Focus on only a few tasks at a time Create new and productive habits Hone your focus Increase your efficiency By setting limits for yourself and making the most of the resources you already have, you'll finally be able work less, work smarter, and focus on living the life that you deserve.

The Age of Miracles

For anyone looking to declutter, organize, and simplify, author Erin Boyle shares practical guidance and personal insights on small-space living and conscious consumption. At once pragmatic and philosophical, *Simple Matters* is a nod to the growing consensus that living simply and purposefully is more sustainable not only for the environment, but for our own happiness and well-being, too. Boyle embraces the notion that "living small" is beneficial and accessible to us all—whether we're renting a tiny apartment or purchasing a three-story house. Filled with personal essays, projects, and helpful advice on how to be inventive and resourceful in a tight space, *Simple Matters* shows that living simply is about making do with less and ending up with more: more free time, more time with loved ones, more savings, and more things of beauty.

Slowdown

In *The Slow Professor*, Maggie Berg and Barbara K. Seeber discuss how adopting the principles of the Slow movement in academic life can counter the erosion of humanistic education.

A Better Life

A timely handbook helping readers think about how to slow down, reconnect, and live a gentler life.

Slow Professor

NAMED ONE OF THE BEST BOOKS OF THE YEAR BY People ? O: The Oprah Magazine ? Financial Times ? Kansas City Star ? BookPage ? Kirkus Reviews ? Publishers Weekly ? Booklist NEW YORK TIMES BESTSELLER "A stunner."—Justin Cronin "It's never the disasters you see coming that finally come to pass—it's the ones you don't expect at all," says Julia, in this spellbinding novel of catastrophe and survival by a superb new writer. Luminous, suspenseful, unforgettable, *The Age of Miracles* tells the haunting and beautiful story of Julia and her family as they struggle to live in a time of extraordinary change. On an ordinary Saturday in a California suburb, Julia awakes to discover that something has happened to the rotation of the earth. The days and nights are growing longer and longer; gravity is affected; the birds, the tides, human behavior, and cosmic rhythms are thrown into disarray. In a world that seems filled with danger and loss, Julia also must face surprising developments in herself,

and in her personal world—divisions widening between her parents, strange behavior by her friends, the pain and vulnerability of first love, a growing sense of isolation, and a surprising, rebellious new strength. With crystalline prose and the indelible magic of a born storyteller, Karen Thompson Walker gives us a breathtaking portrait of people finding ways to go on in an ever-evolving world. “Gripping drama . . . flawlessly written; it could be the most assured debut by an American writer since Jennifer Egan’s *Emerald City*.”—The Denver Post “Pure magnificence.”—Nathan Englander “Provides solace with its wisdom, compassion, and elegance.”—Curtis Sittenfeld “Riveting, heartbreaking, profoundly moving.”—Kirkus Reviews (starred review) Look for special features inside. Join the Circle for author chats and more.

Present Over Perfect

In the tradition of such trailblazing books as *No Logo* and *The Tipping Point*, *In Praise of Slow* heralds a growing international movement of people dedicated to slowing down the pace of our contemporary times and enjoying a richer, fuller life as a result. These days, almost everyone complains about the hectic pace of their lives. We live in a world where speed rules and everyone is under pressure to go faster. But when speed is king, anyone or anything that gets in our way, that slows us down, becomes an enemy. Thanks to speed, we are living in the age of rage. Carl Honore has discovered a movement that is quickly working its way into the mainstream. Groups of people are developing a recipe for living better in a fast-paced, modern environment by striving for a new balance between fast and slow. In an entertaining and hands-on investigation of this new movement, Honore takes us from a Tantric sex workshop in a trendy neighbourhood in London, England to Bra, Italy, the home of the Slow Food, Slow Cities and Slow Sex movements. He examines how we can continue to live productive lives by embracing the tenets of the slow movement. A challenging take on the cult of speed, as well as a corrective look at how we can approach our lives with new understanding, *In Praise of Slow* uncovers a movement whose time has come.

Lifespan

You know what you want in life. You want to be loved and appreciated. You want to achieve your dreams. But, for most of us, our quest to fulfill our dreams of love and appreciation ends up being filled with blocked goals, anger, frustration, and anxiety. What if getting what you really want comes from doing something completely counter-intuitive? *Love Slows Down* is a book about how to recognize the roots of your anxiety and anger, process it in a healthy way, and put it to work for you instead of against you.

World Enough & Time

Power—God’s power. You’ve got to have it to stand strong in these times and become who God says you are. *Daily Power* will help you develop a consistent, daily pursuit of Jesus that releases his power in your life. These 365 brief devotions by pastor and New York Times bestselling author Craig Groeschel deliver what no instant energy drink can: strength and insight for the here-and-now of your life, your marriage, your workplace, family matters, temptations, hopes and dreams, possibilities and decisions. Groeschel shares wisdom from personal experience as a spouse, parent, son, and pastor that can help you write your own life story the way you’d like it to read. Each devotion includes a Scripture quote, a short reading, and a simple prayer to connect you with God. You’ll get honest talk, simply told stories your heart will own, and truth wrapped in a grin. “You know how we grow? We practice daily,”

Groeschel writes. Daily Power is here to guide and inspire you on your journey.

Simple Matters

World Enough & Time focuses on the positive effect of deliberately simple living on creativity. McEwen juxtaposes religious traditions of both the East and West, and intertwines words of wisdom from writers ranging from Montaigne to Ralph Waldo Emerson and from Virginia Woolf to Jack Kerouac to Adrienne Rich, artists and musicians from John Ruskin to Meredith Monk, and myriad psychologists, linguists, philosophers, and scholars. In so doing, she creates a unique combination of history, spirituality, and practical advice about how to incorporate slowness and its benefits into everyday living. In short, it's what she calls "inspiration for the literate reader." According to McEwen, the nonstop emphasis on productivity that is so prevalent in our society is counterproductive for anyone wanting to be creative. She describes a typical response to the question, "How are you?", regardless of age, race, class, and gender: "I'm just so busy. Really, I'm crazy-busy," branding it as a mark of honor. Yet, she continues, "When people are asked where they get their best ideas, again and again they answer, 'In the bathroom,' 'On vacation,' 'Doing nothing.' They begin, in other words, by 'simply being.'" If we slow down, McEwen asserts, we can appreciate Henry David Thoreau's comment that, "A broad margin of leisure is as beautiful in a man's life as in a book." She adds, "Thoreau knew too, what contemporary thinkers are just beginning to understand – that the human mind is not some isolated little manikin inside our heads; rather it is fed and nourished by every sight and smell and sound that we encounter, from the movement of the clouds to the shrill of the birds outside our morning window." World Enough & Time extols the benefits of observation, conversation, walking, pausing and dreaming within a literary and artistic framework spanning centuries. Among the lessons learned from the great minds are: "It is in our idleness, in our dreams, that the submerged truth sometimes comes to the top." —Virginia Woolf "Beware the barrenness of a busy life." —Socrates "Seek society. Keep your friendships in repair. Answer your letters. Meet good-will half way." —Ralph Waldo Emerson "We shared our ideas like sweaters, with easy exchange and lack of ownership" —Ann Patchett on her friendship with Lucy Greeley. "Creative work needs solitude. It needs concentration, without interruptions. It needs the whole sky to fly in, and no eye watching till it comes to that certainty which it aspires to..." —Mary Oliver "Art has something to do with the achievement of stillness in the midst of chaos..." —Saul Bellow World Enough & Time is the result of thirty years of thinking, teaching and writing in the midst of a busy world. Turning to stories of the writers and artists she has studied all these years, McEwen finds that "each anecdote is its own parable of truth."

Slow Down to Speed Up

A gargantuan, mind-altering comedy about the Pursuit of Happiness in America Set in an addicts' halfway house and a tennis academy, and featuring the most endearingly screwed-up family to come along in recent fiction, Infinite Jest explores essential questions about what entertainment is and why it has come to so dominate our lives; about how our desire for entertainment affects our need to connect with other people; and about what the pleasures we choose say about who we are. Equal parts philosophical quest and screwball comedy, Infinite Jest bends every rule of fiction without sacrificing for a moment its own entertainment value. It is an exuberant, uniquely American exploration of the passions that make us human - and one of those rare books that renew the idea of what a novel can do. "The next step in fiction Edgy, accurate, and darkly witty Think Beckett, think Pynchon, think Gaddis. Think." --Sven Birkerts, The Atlantic

A Gentler Life

People have long been in search of a quick fix. Truth is, it doesn't work. The problems facing us today are bigger and more urgent than ever before and we need to learn to start fixing things properly, rather than settling for short-term solutions. 'The Slow Fix' offers real, life-changing solutions to tackling these problems and extends the movement defined by Carl Honore in his global bestseller, 'In Praise of Slow', to offer a recipe for problem-solving that can be applied to every walk of life, from business and politics to relationships, education and health reform."

Seeking Slow

We live life in the fast lane. We race to keep up with the Joneses. We are over-worked, over-connected and over-stressed, and we compete over how busy and important and sleep-deprived we are. But we don't have to. There's an ever-growing group of people opting out of a life lived at 110%. They are choosing to slow down, simplify, say no and focus on the things that are truly important. Brooke McAlary is one of them. Brooke McAlary shows readers that no matter how busy you are, you too can feel in control of your days; minimize stress; find pockets of peace on even the busiest day; empty your mind and sleep better. Destination Simple shows us how a few changes to the flow of daily life can create long-term, lasting change.

The Sloth Who Slowed Us Down

WHY ARE SLOTHS ALWAYS SMILING? Perhaps it's because they've mastered the art of taking it slow in a world whose frenzied pace is driving the rest of us crazy. Here, in a mindfulness book like no other, heart-tuggingly cute photographs of these always-chill creatures are paired with words of wisdom, all to inspire us to slow down, stop to enjoy the little things, and come up relaxed, centered, and smiling.

Patience

"The Too-Busy Book" is a collection of reflections, journaling sections, and practical, decision-making guidelines that gently lead readers from frenzied to focused, from busy to balanced.

Slowing Down to the Speed of Life

"Patience is the ornament of the brave," Eknath Easwaran's wise grandmother used to say. In all relationships, Easwaran says, patience is the mark of love. An experienced spiritual teacher, he gives powerful insights and advice for developing patience at home and at work, with his unique blend of humor and practicality. Stories offer quiet interludes throughout this little book. Anecdotes about animals, sports stars, and happy family outings make these short, varied readings as entertaining as they are instructive. Gentle reminiscences of India, tales from Easwaran's Hindu heritage, and inspiration from the world's saints lift the reader's spirits and give courage. Just keep trying, Easwaran says, and you'll find there's no end to your patience -- no end to the wisdom, love, and compassion in your heart. This book makes a thoughtful gift for anyone seeking a life that is kinder, more stable, and serene.

The Time Miracle

Author Kirk Byron Jones has written a much-needed resource that debunks the need for speed mentality that so many people have embraced as a part of their everyday lives. This book goes beyond social and psychological analysis to include spiritual perspectives on the dangers of letting hurry become a chronic condition. Jones presents a well developed three-pronged response to the problem of addiction to hurry. Included in each chapter are helpful questions that allow readers to identify their current pace of life and assist them in cultivating their own sacred, savoring pace. Addicted to Hurry is ideal for anyone desiring to lead a more calm and satisfying life and a great gift for those who seem to be burning out from the frantic pace at work or at home.

Daily Power

A NEW YORK TIMES BESTSELLER A paradigm-shifting book from an acclaimed Harvard Medical School scientist and one of Time's most influential people. It's a seemingly undeniable truth that aging is inevitable. But what if everything we've been taught to believe about aging is wrong? What if we could choose our lifespan? In this groundbreaking book, Dr. David Sinclair, leading world authority on genetics and longevity, reveals a bold new theory for why we age. As he writes: "Aging is a disease, and that disease is treatable." This eye-opening and provocative work takes us to the frontlines of research that is pushing the boundaries on our perceived scientific limitations, revealing incredible breakthroughs—many from Dr. David Sinclair's own lab at Harvard—that demonstrate how we can slow down, or even reverse, aging. The key is activating newly discovered vitality genes, the descendants of an ancient genetic survival circuit that is both the cause of aging and the key to reversing it. Recent experiments in genetic reprogramming suggest that in the near future we may not just be able to feel younger, but actually become younger. Through a page-turning narrative, Dr. Sinclair invites you into the process of scientific discovery and reveals the emerging technologies and simple lifestyle changes—such as intermittent fasting, cold exposure, exercising with the right intensity, and eating less meat—that have been shown to help us live younger and healthier for longer. At once a roadmap for taking charge of our own health destiny and a bold new vision for the future of humankind, Lifespan will forever change the way we think about why we age and what we can do about it.

Play-Full Life: Slowing Down & Seeking Peace

ECPA BESTSELLER • A compelling emotional and spiritual case against hurry and in favor of a slower, simpler way of life "As someone all too familiar with 'hurry sickness,' I desperately needed this book."—Scott Harrison, New York Times best-selling author of Thirst "Who am I becoming?" That was the question nagging pastor and author John Mark Comer. Outwardly, he appeared successful. But inwardly, things weren't pretty. So he turned to a trusted mentor for guidance and heard these words: "Ruthlessly eliminate hurry from your life. Hurry is the great enemy of the spiritual life." It wasn't the response he expected, but it was—and continues to be—the answer he needs. Too often we treat the symptoms of toxicity in our modern world instead of trying to pinpoint the cause. A growing number of voices are pointing at hurry, or busyness, as a root of much evil. Within the pages of this book, you'll find a fascinating roadmap to staying emotionally healthy and spiritually alive in the chaos of the modern world.

The Purpose Driven Life

The end of our high-growth world was underway well before COVID-19 arrived. In this powerful

and timely argument, Danny Dorling demonstrates the benefits of a larger, ongoing societal slowdown. Drawing from an incredibly rich trove of global data, this groundbreaking book reveals that human progress has been slowing down since the early 1970s. Danny Dorling uses compelling visualizations to illustrate how fertility rates, growth in GDP per person, and even the frequency of new social movements have all steadily declined over the last few generations. Perhaps most surprising of all is the fact that even as new technologies frequently reshape our everyday lives and are widely believed to be propelling our civilization into new and uncharted waters, the rate of technological progress is also rapidly dropping. Rather than lament this turn of events, Dorling embraces it as a moment of promise and a move toward stability, and he notes that many of the older great strides in progress that have defined recent history also brought with them widespread warfare, divided societies, and massive inequality.

Destination Simple

Six Simple Rules for a Better Life is not another self-help manual touting all kinds of grand changes that are meant to impress you but that instead serve to oppress you, making you feel so guilty that you avert your eyes as you walk past the shelf where it sits next to a bunch of other impulsively bought, unread books, each accusingly calling out to you, Why aren't you following my instructions? What it is: Six Simple Rules for a Better Life is a book filled with practical, achievable suggestions for all kinds of ways you can improve your life, along with a game plan for doing so. In Six Simple Rules for a Better Life, you'll learn that Life is Long and that you can achieve your goals when you slow down to make the changes and stop to celebrate the progress.

The Power of Less

A beautifully illustrated workbook that helps women slow down and enjoy life rather than pushing for perfection. Most women today are frantic, lost in an endless cycle of busyness caused by constant pressure to perform up to unrealistic expectations of perfection, many of which are self-imposed. This journal cuts to the heart of the problem by showing women how to reconnect with their inner selves through solitude, introspection, and contemplation of what's truly important to them as individuals and family members. Give yourself permission to be Present, Not Perfect.

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