

Slowing Down To The Speed Of Love

Unveiling the Magic of Words: A Review of "**Slowing Down To The Speed Of Love**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Slowing Down To The Speed Of Love**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

Slowing Down to the Speed of Love Joseph Bailey 2004-09 In this wise and practical book, psychologist and bestselling author Joseph Bailey applies his message of "slowing down" to the subject of intimate relationships. Featuring his Eight Guidelines of Timeless Love, along with real-life stories of couples who have used them, *Slowing Down to the Speed of Love* provides a road map to the increased self-awareness that helps restore intimacy and improves our closest relationships. Book jacket.

Reading Like a Writer Francine Prose 2012-04-01 DIV In her entertaining and edifying New York Times bestseller, acclaimed author Francine Prose invites you to sit by her side and take a guided tour of the tools and tricks of the masters to discover why their work has endured. Written with passion, humour and wisdom, *Reading Like a Writer* will inspire readers to return to literature with a fresh eye and an eager heart - to take pleasure in the long and magnificent sentences of Philip Roth and the breathtaking paragraphs of Isaac Babel; to look to John le Carré for a lesson in how to advance plot through dialogue and to Flannery O'Connor for the cunning use of the telling detail; to be inspired by Emily Brontë's structural nuance and Charles Dickens's deceptively simple narrative techniques. Most importantly, Prose cautions readers to slow down and pay attention to words, the raw material out of which all literature is crafted, and reminds us that good writing comes out of good reading. /div

Seeking Slow Melanie Barnes 2019-09-24 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.

The Ruthless Elimination of Hurry John Mark Comer 2019-10-29 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.

Slowing Down in a Speeded-up World Adair Lara 1994 It seems the more we get done the more there is to do, and though modern conveniences offer a faster way of doing things, they have also taken away the serenity of daily life. San Francisco Chronicle columnist Lara reveals ways in which people manage to find peace in the midst of their tumultuous lives. Line drawings.

Hurry Up! Kate Dopirak 2020-05-19 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 breath...and a big break...and 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.

Speeding Up, Slowing Down Natalie Hyde 2014 How do you change the speed of a moving object? This interesting book explains how forces, such as friction, and the mass of an object, can change the speed of an object in motion. Simple activities help children understand such concepts as acceleration and deceleration. Teacher's guide available.

How Slow Is a Sloth? Kurt Waldendorf 2017 Examines the slow speed of a sloth through simple text, photograph, and measurement comparisons.

759 Explicit Activators to Slow Down, Speed up, Reverse or Manipulate Time Itself Nicholas Mag The Miracle! In this book Nicholas presents you a practical, unique, subliminal, very simple, detailed method of how to Slow Down, Speed up, Reverse or Manipulate Time Itself. You will feel the effects immediately and the results will appear very quickly! So it was in my case. You will not achieve fulfillment and happiness until YOU become the architect of your own reality. Imagine that with a few moments each day, you could begin the powerful transformation toward complete control of your own life and well being through this unique, subliminal method combined with positive affirmations. The order of words is extremely important for every book written by Nicholas. These are arranged to be traversed in a certain way so as to eliminate certain blockages in the human being, blockages that are bringing disease or failure on various plans. You don't need a big chunk of your time or expensive programs. Everything is extremely simple! Health, money, prosperity, abundance, safety, stability, sociability, charisma, sexual vitality, erotic attraction, will, optimism, perseverance, self-confidence, tenacity, courage, love, loving relationships, self-control, self-esteem, enthusiasm, refinement, intuition, detachment, intelligence, mental calm, power of concentration, exceptional memory, aspiration, transcendence, wisdom, compassion. You have the ability to unlock your full inner-potential and achieve your ultimate goals. This is the age-old secret of the financial elite, world class scholars, and Olympic champions. For example, when you watch the Olympics, you'll find one consistency in all of the champions. Each one closes their eyes for a moment and clearly affirms & visualizes themselves completing the event flawlessly just before starting. Then they win gold medals and become champions. That's merely one example of how the real power of mind can elevate you above any of life's challenges. By reading this book, you will feel totally that life deserves to be lived and enjoyed every

moment and that everything that you propose for yourself becomes easy for you to fulfill. Nicholas will guide you to touch your longed-for dream and will make you see life from a new perspective, full of freshness and success. This book helps you step by step, in a natural way, in just 3 minutes a day, to change your misguided way of thinking and to Slow Down, Speed up, Reverse or Manipulate Time Itself. (NOTE: For good, Nicholas keep the price of the book as lower as he can, even if it is a hard work behind this project. A significant portion of the earnings from the sale of the book are used for these purposes: for charity, volunteer projects, nature restoration, and other inspired ideas to do good where it is needed. If you can not afford to buy the book please contact Nicholas and he will give you a free copy.) You, also have a bonus in the pages of the book that makes you live your success by doing a seemingly trivial thing. You will feel the difference. Yes. The Miracle is possible! Get Your Copy Now!

Slow Down Rachel Williams 2020-09-01 Slow down to watch 50 nature stories that command calm and foster mindfulness All around us, nature is working wonders. Every day, hour by hour, magical transformations happen right in front of you. But it's not always easy to see them . . . In this beautiful illustrated collection, 50 moments in nature are paused for you to watch them in detail. Then you should go outside, and explore, and see what you find when you take the time to slow down. Gorgeously illustrated, this charming collection celebrates the small wonders happening all around us every day.

Kale & Caramel Lily Diamond 2017-05-02 Born out of the popular blog Kale & Caramel, this sumptuously photographed and beautifully written cookbook presents eighty recipes for delicious vegan and vegetarian dishes featuring herbs and flowers, as well as luxurious do-it-yourself beauty products. Plant-whisperer, writer, and photographer Lily Diamond believes that herbs and flowers have the power to nourish inside and out. "Lily's deep connection to nature is beautifully woven throughout this personal collection of recipes," says award-winning vegetarian chef Amy Chaplin. Each chapter celebrates an aromatic herb or flower, including basil, cilantro, fennel, mint, oregano, rosemary, sage, thyme, lavender, jasmine, rose, and orange blossom. Mollie Katzen, author of the beloved Moosewood Cookbook, calls the book "a gift, articulated through a poetic voice, original and bold." The recipes tell a coming-of-age story through Lily's kinship with plants, from a sun-drenched Maui childhood to healing from heartbreak and her mother's death. With bright flavors, gorgeous scents, evocative stories, and more than one hundred photographs, Kale & Caramel creates a lush garden of experience open to harvest year round.

The Slow Fix Carl Honore 2013-01-29 In the tradition of his internationally bestselling *In Praise of Slow*, and drawing on examples from the most progressive and successful leaders in business, politics, science and society, Carl Honoré brilliantly illuminates why the best way to face our problems might just be to take our time. If the high-flying fighter pilots of the RAF can own up to their mistakes, why can't the rest of us? Toyota was fantastically good at exposing its failings and correcting them, until it stopped, setting the company up for one of the most spectacular falls from grace in the history of the auto industry. BP couldn't bring itself to apologize for its catastrophic oil spill until the entire Gulf Coast of the United States was bearing the brunt of its technological shortcomings. Addicted as we might be to the quick fix--pills, crash diets or just diverting attention from things about to go wrong--the quick fix never really works. Trying to solve problems in a hurry, sticking on a plaster when surgery is needed, might deliver temporary relief, but only at the price of storing up worse trouble for later. For those looking for a fix that sticks, *The Slow Fix* will help us produce solutions in life and work that endure.

An Unhurried Life Alan Fadling 2020-04-07 How do we find balance between our sense of calling and the call to rest? Spiritual director and "recovering speed addict" Alan Fadling leads readers in a meditation on the unhurried life. Following Jesus' earthly life, this revised edition from Fadling shows how the work of "unhurrying" ourselves is central to our spiritual development.

The Art of Slowing Down Edward Yu 2019-03-22

A Year of Questions: How to Slow Down and Fall in Love with Life Fiona Robyn 2007-08 Watching too much trashy television, trying to find something decent to eat in a motorway service station, feeling awkward at dinner parties, putting off the hoovering...is this what life is all about? These everyday ordinary things happen to us all. This book helps us to discover what we can learn from them. It encourages us to wonder why we hate our boss, and why we keep spending too much money. It invites us to look at the ball of string between our ears and start to untangle it. It nudges us into slowing down, paying more attention, waking

up. As well as the hoovering, life is also about seeing a vase of yellow tulips lit up from behind, making creamy potatoes au gratin for your family, sitting by the sea and watching the waves twinkle. 'A Year of Questions' will help you to fall in love with your life all over again.

Slow Down Nichole Nordeman 2017-08-22 The days are long, but the years are short. No matter if it's your child's first step, first day of school, or first night tucked away in a new dorm room away from home, there comes a moment when you realize just how quickly the years are flying by. Christian music artist Nichole Nordeman's profound lyrics in her viral hit "Slow Down" struck a chord with moms everywhere, and now this beautiful four-color book will inspire you to celebrate the everyday moments of motherhood. Filled with thought-provoking writings from Nichole, as well as guest writings from friends including Shauna Niequist and Jen Hatmaker, practical tips, and journaling space for reflection, *Slow Down* will be a poignant gift for any mom, as well as a treasured keepsake. Take a few moments to reflect and celebrate the privilege of being a parent and getting to watch your little ones grow—and *Slow Down*. Nichole Nordeman has sold more than 1 million albums as a Christian music artist and has won 9 GMA Dove Awards, including two awards for Female Vocalist of the Year and Songwriter of the Year. Nichole released a lyric video for her song "Slow Down," and it struck a chord with parents everywhere, amassing 14 million views in its first five days. She lives in Oklahoma with her two children.

In Praise of Slow Carl Honore 2009-06-12 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.

Slow Down to Speed Up Liz Bywater 2017-11-08 *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.

Come to the Family Table Ted Cunningham 2016-08-01 In our busy world, family time around the dinner table is easily displaced by other things. Ted and Amy Cunningham call parents to a slower way of living that allows them to intentionally build into their family's relational and spiritual fabric and into the community around them. No more rushing to the table for a quick bite so we can get back to our other activities. Prioritizing mealtime slows us down long enough to enjoy our food, each other, and Jesus.

Inspired by the slow food movement, *Come to the Family Table* seeks to encourage families with intentional strategies to engage one another and create the table as a space for practical ministry to their community.

1,001 Ways to Slow Down Barbara Kipfer 2017 This irresistible list book from National Geographic provides lighthearted quick hits of inspiration for those of us who feel overwhelmed--which is to say, all of us. Musings, activity suggestions, and illuminating quotes are paired with whimsical art on themes such as living in the moment, achieving balance, relieving stress, developing patience, and appreciating the world

around us. "Slow living" sidebars, such as "Foods to Cook Slowly" and "Things to Do the Old-Fashioned Way," are interspersed throughout the book.

The Power of Slow Christine Louise Hohlbaum 2009-10-27 Overwhelmed by electronic gadgets? Buried under an avalanche of e-mails? Juggling too many tasks and responsibilities? Desperately in need of a deep breath and a time-out? For all of us who answer yes to any of these questions, help is on the way. Getting to the heart of our hassled and over-scheduled existence, Christine Louise Hohlbaum cheerfully investigates 101 ways to increase our quality of life and productivity by reevaluating how we perceive and use time. Everyone has their own personal bank account of time, and while we cannot control time itself, we can manage the activities with which we fill the time we have available to us. The Power of Slow gives readers practical, concise directions to change the relationship they have with time and debunks the myths of multitasking, speed, and urgency as the only ways to efficiency. Tips include: · When working on a project on your computer, close all the windows, with the exception of the one you need to do your job. · Learn to say no in a polite and constructive way to favors, invitations, and requests. · Manage your own expectations, as well as those of others, by clearly stating what is possible in the time frame given. · Declare gadget-free zones (both geographical and temporal) to really enjoy your leisure time. · Know when your plate is full. · Make commitments to difficult tasks in five-minute increments and gradually increase the increments. · Save your most favorite or the easiest tasks for last to avoid procrastination. The Power of Slow will help readers identify areas in need of improvement and show them how to become more efficient and less frazzled at work and at home---and live a better, more balanced life.

Slowing Down to the Speed of Life Joseph V. Bailey 2003 Bestselling author Bailey shows how to slow down and make time for the love that couples want. His approach, based on principles of health realization that were espoused in his and Carlson's international bestseller "Slowing Down to the Speed of Life," can be applied to solving problems that almost every couple encounters.

Slowing Down to Run Faster Edward Yu 2020-06-30 A trainer and former triathlete shows you how to achieve the results you want with a new multidisciplinary approach Why does trying harder sometimes become an exercise in futility? Why does following "expert advice" often lead to little or no improvement? What if there were an efficient way of learning that could be applied to every area of human experience? Drawing from the principles of Bagua, Taichi, and Feldenkrais, Edward Yu presents an innovative approach to running: power, speed, and agility are more related to your ability to sense your own body than to willpower or raw talent. Centering the art of running as an explorative, creative, and somatic-based practice, Yu shows us how to run faster by learning to become more sensible--that is, more sense-able--through the playful and systematic exploration of movement.

The Serenity Principle Joseph Bailey 1990-03-16 This challenge to the paradigms of addiction and recovery theory shows those in recovery how to tap their own source of positive energy in a new approach to the search for serenity--a quest long recognized as the key to recovery.

Slow Pleasure Euphemia Russell 2022-03-30 A modern guide to sex and pleasure, showing you how slowing down will help you tune into your body so you can heighten your sense of pleasure and connection. *Slowing Down* Sherry Welsh 2016-10-01 Slowing down produces greater success in all aspects of life. Slowing down helps you uncover hidden possibilities, see the powerful choices in each moment, and live in alignment with what's most important: your core values: Identify and release limiting beliefs to experience more freedom Use both your masculine and feminine energy for success

A Fire Upon the Deep Vernor Vinge 2010-04-01 Now with a new introduction for the Tor Essentials line, A Fire Upon the Deep is sure to bring a new generation of SF fans to Vinge's award-winning works. A Hugo Award-winning Novel! "Vinge is one of the best visionary writers of SF today."-David Brin Thousands of years in the future, humanity is no longer alone in a universe where a mind's potential is determined by its location in space, from superintelligent entities in the Transcend, to the limited minds of the Unthinking Depths, where only simple creatures, and technology, can function. Nobody knows what strange force partitioned space into these "regions of thought," but when the warring Straumli realm use an ancient Transcendent artifact as a weapon, they unwittingly unleash an awesome power that destroys thousands of worlds and enslaves all natural and artificial intelligence. Fleeing this galactic threat, Ravna crash lands on a strange world with a ship-hold full of cryogenically frozen children, the only survivors from a destroyed

space-lab. They are taken captive by the Tines, an alien race with a harsh medieval culture, and used as pawns in a ruthless power struggle. Tor books by Vernor Vinge Zones of Thought Series A Fire Upon The Deep A Deepness In The Sky The Children of The Sky Realtime/Bobble Series The Peace War Marooned in Realtime Other Novels The Witling Tatja Grimm's World Rainbows End Collections Collected Stories of Vernor Vinge True Names At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

Slowing Down to the Speed of Life Richard Carlson 2009-10-13 "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."

Slowing Down to the Speed of Love Joseph Bailey 2003-07-22 From the coauthor of the international bestseller Slowing Down to the Speed of Life "I believe this book has the capacity to touch something inside you deep enough to help you make significant, positive changes in your life."--from the Foreword by Richard Carlson, author of Don't Sweat the Small Stuff Bestselling author Joseph Bailey shows how to slow down and make time for the love that we want. His approach, based on principles of Health Realization that were espoused in his and Richard Carlson's international bestseller Slowing Down to the Speed of Life, can be applied to solving problems that almost every couple encounters. With the help of true stories from his own relationship and those of couples he has counseled, Bailey offers poignant lessons on how to see our partners anew and find the healthy self within that is capable of true love, forgiveness, and deep, satisfying intimacy. He explains how to nurture the seed of timeless love versus time-bound love that exists in all of us and offers a positive, commonsense model for finding and maintaining health relationships.

Love Slows Down Joël Malm 2020-09-01 Anger. Anxiety. Frustration. Worry. We've all felt the power of these emotions, and lived to regret the speed with which we spoke from, or even acted on them. We know we need to slow down and calm down before that torrent of emotion sweeps us away—but how? What if you could understand those feelings better? Not ignore them or stuff them down, but actually harness their power to improve your relationships? That's the journey Joël Malm will take you on in Love Slows Down. Whether you're feeling the constant weight of worry, flashes of fury, or the exhaustion of always being on edge, there is a way to understand what triggers your emotions and put the brakes on. You can slow down and respond with love.

Hurry Up and Slow Down Layn Marlow 2014-03-20 Hare is always raring to go. He races through the day while the ever-patient Tortoise does his best to keep up. Hare, it certainly seems to Tortoise, has boundless energy. So Tortoise has plans for when it is time for Hare to go to bed - a well-deserved rest with a cup of chamomile tea! And, for the first time in the day, it is Tortoise who is in a hurry. He reads speedily, with one eye on his cuppa. But Hare has other ideas. As far as he is concerned, when it's time for his bedtime story from Tortoise, he is no longer in a hurry. In fact he wants to take all the time in the world and linger over every picture. After all, some things just shouldn't be rushed! Toddlers will love this simple story, with its cosy farmland setting and lovable characters. And while adults are reading a story that highlights the differences between the energetic and impetuous Hare and the rather more circumspect Tortoise, they will no doubt smile as they recognise the parallels with their own experiences of childcare!

Chasing Slow Erin Loechner 2017-01-10 Chasing Slow models HGTV star Erin Loechner's journey to help you break out of the faster-better-stronger trap and make small changes to refresh your perspective, renew your priorities, and shift your focus to what matters most. 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. And on and on you run. Viral sensation and HGTV.com star Erin Loechner knows about the chase. Before turning 30, she'd earned the title "The Nicest Girl Online" as she was praised for her

authentic voice and effortless style. Her HGTV web show garnered over one million fans worldwide, and her client list includes Walt Disney World, IKEA, Martha Stewart and Home Depot. 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? 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. In *Chasing Slow*, Erin upgrades her life through downsizing--her stuff, her obligations, her fears, her personal metric of "perfect." And ultimately, her invitation becomes yours: to turn away from the fast and frenzy, and find freedom in a new-fashioned lifestyle defined by 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.

World Enough & Time Christian McEwen 2011 *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 Love Dominique Browning 2011-08-30 "In burnished, exquisite prose, Browning describes her feelings of being set adrift until she gradually transforms her helter-skelter days into a deliberate, contemplative way of life." -The Boston Globe In late 2007, Dominique Browning, the editor-in-chief of Conde Nast's *House & Garden*, was informed that the magazine had folded-and she was out of a job. Suddenly divested of the income and sense of purpose that had driven her for most of her adult life, Browning panicked. But freed of the incessant pressure to multi-task and perform, she unexpectedly discovered a more meaningful way to live. Browning's witty and thoughtful memoir has already touched a chord with reviewers and readers alike. While untold millions are feeling the stress of modern life, *Slow Love* eloquently reminds us to appreciate what we have-a timely message that we all need to hear.

Time Warped Claudia Hammond 2012-08-15 We are obsessed with time. However hard we might try, it is almost impossible to spend even one day without the marker of a clock. But how much do we understand about time, and is it possible to retrain our brains and improve our relationship with it? Drawing on the latest research from the fields of psychology, neuroscience, and biology, and using original research on the

way memory shapes our understanding of time, acclaimed writer and broadcaster Claudia Hammond delves into the mysteries of time perception. Along the way, she introduces us to an extraordinary array of colourful characters willing to go to great lengths in the interests of research, such as the French speleologist Michel, who spends two months in an ice cave in complete darkness. *Time Warped* shows us how to manage our time more efficiently, speed time up and slow it down at will, plan for the future with more accuracy, and, ultimately, use the warping of time to our own advantage.

In Praise of Slowness Carl Honore 2009-04-14 We live in the age of speed. We strain to be more efficient, to cram more into each minute, each hour, each day. Since the Industrial Revolution shifted the world into high gear, the cult of speed has pushed us to a breaking point. Consider these facts: Americans on average spend seventy-two minutes of every day behind the wheel of a car, a typical business executive now loses sixty-eight hours a year to being put on hold, and American adults currently devote on average a mere half hour per week to making love. Living on the edge of exhaustion, we are constantly reminded by our bodies and minds that the pace of life is spinning out of control. In *Praise of Slowness* traces the history of our increasingly breathless relationship with time and tackles the consequences of living in this accelerated culture of our own creation. Why are we always in such a rush? What is the cure for time sickness? Is it possible, or even desirable, to slow down? Realizing the price we pay for unrelenting speed, people all over the world are reclaiming their time and slowing down the pace -- and living happier, healthier, and more productive lives as a result. A Slow revolution is taking place. Here you will find no Luddite calls to overthrow technology and seek a preindustrial utopia. This is a modern revolution, championed by cell-phone using, e-mailing lovers of sanity. The Slow philosophy can be summed up in a single word -- balance. People are discovering energy and efficiency where they may have been least expected -- in slowing down. In this engaging and entertaining exploration, award-winning journalist and rehabilitated speedaholic Carl Honoré details our perennial love affair with efficiency and speed in a perfect blend of anecdotal reportage, history, and intellectual inquiry. In *Praise of Slowness* is the first comprehensive look at the worldwide Slow movements making their way into the mainstream -- in offices, factories, neighborhoods, kitchens, hospitals, concert halls, bedrooms, gyms, and schools. Defining a movement that is here to stay, this spirited manifesto will make you completely rethink your relationship with time.

Speed Stephanie Brown Ph.D 2014-01-07 MORE, BETTER...SLOWER. Feeling rushed, out of control, and overwhelmed? Feeling like you can't keep up...and can't stop? It's not just you. From the need to be constantly connected and the changing definition of "work hours," to unrealistic expectations of instant gratification, our bodies and brains are being harmed by habits that, as with any kind of addiction, promise short-term satisfaction while doing long-term damage. As a psychologist and addiction expert who practices in Silicon Valley, Stephanie Brown sees firsthand the impact of ever-faster technology and the culture it has spawned. She knows it's affecting us mentally, physically, and spiritually. In this groundbreaking book, she explores how our beliefs and behaviors are being shaped by the seemingly limitless new world we've entered in recent years—and why faster doesn't always equal better. Dr. Brown offers a step-by-step plan for breaking out of the speed trap. With practical guidelines, she shows us how to ease up on the gas pedal and reconnect with ourselves, learning to accept—and value—our limitations as human beings, reduce our stress levels, and free ourselves from our counterproductive obsession with speed.

Slowness Milan Kundera 1997-04-11 Milan Kundera's lightest novel, a divertimento, an opera buffa, *Slowness* is also the first of this author's fictional works to have been written in French. Disconcerted and enchanted, the reader follows the narrator of *Slowness* through a midsummer's night in which two tales of seduction, separated by more than two hundred years, interweave and oscillate between the sublime and the comic. Underlying this libertine fantasy is a profound meditation on contemporary life: about the secret bond between slowness and memory, about the connection between our era's desire to forget and the way we have given ourselves over to the demon of speed. And about "dancers" possessed by the passion to be seen, for whom life is merely a perpetual show emptied of every intimacy and every joy.

Three Mile an Hour God Kosuke Koyama 2021-08-31 'Love has its speed. It is a spiritual speed. It is a different kind of speed from the technological speed to which we are accustomed. It goes on in the depth of our life, whether we notice or not, at three miles an hour. It is the speed we walk and therefore the speed the love of God walks.' Once we grasp that in Christ God chooses to walk amongst us, it changes our whole

understanding of the speed of love, and the speed of theology. In *Three Mile an Hour God*, renowned Japanese theologian Kosuke Koyama reflects beautifully on a theme lost to western theology and western culture in general – the need for slowness. With a new foreword from John Swinton [The Discovery Of Slowness](#) Sten Nadolny 2010-07-01 Nadolny's masterpiece, *The Discovery of Slowness* tells the incredible story of Sir John Franklin, a sailor and explorer who battled the frozen Arctic wastes and paved the way for the discovery of the Northwest Passage. Ridiculed for his slowness in his youth, Franklin's quiet calm later helps him to become an icon of adventure. A classic of contemporary German literature, *The Discovery of Slowness* is not only a riveting account of a remarkable life but also a profound and thought-provoking meditation on time.

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