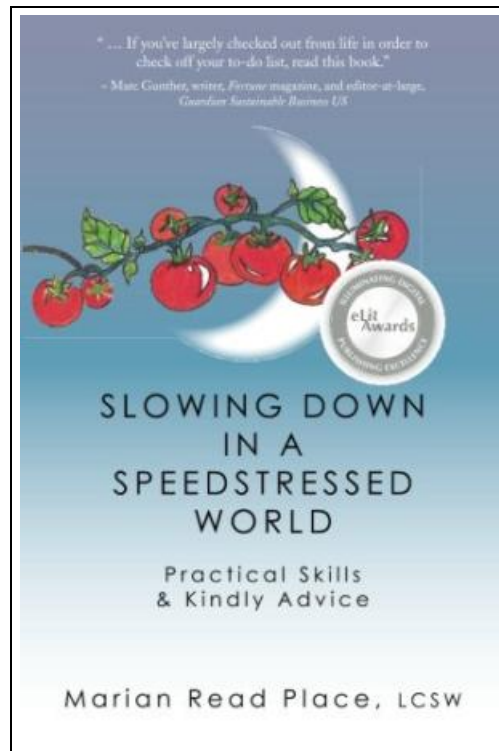


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SLOWING DOWN IN A SPEEDSTRESSED WORLD: PRACTICAL SKILLS KINDLY ADVICE



Composed Life Press, United States, 2014. Paperback. Book Condition: New. 201 x 132 mm. Language: English . Brand New Book ***** Print on Demand *****.This award-winning (eLit Awards, Self Help Category) book, *Slowing Down in a Speedstressed World* fulfills two clear purposes: first, to gently convince harried readers that easing one's pace of life is not only necessary to health and happiness, it is also entirely possible. The rest of the book fulfills the second goal: to provide readers with the skills needed to slow down in our hurry-up culture. Filled with the wisdom of many interviewees and of its author (a psychotherapist), this informative, yet soothing, volume explores how the pressure of too much to do in too little time can cause living-on-the-run to become a habit. Luckily, all habits can be broken; this book offers readers the small, practical steps needed to do just that, as well as to take back control of their pace of life. Throughout, *Slowing Down in a Speedstressed World* lives up to the word kindly in its subtitle. The author repeatedly reminds her audience to be forgiving with themselves as they undertake the imperfect process of changing a habitually fast pace. Select chapters address the unique needs and challenges of workers and parents, as well as of retirees, who often over-commit. Each chapter ends with simple invitations to think about or practice a skill. Page by page, as slowly as readers need, they will learn to relate in new ways to their greatest barrier to change: the anxiety that inevitably arises as anyone attempts to slow down. Readers will find allies through the words of those who shared their experiences with the author. While slowing down can feel like a lonely enterprise in our pressurized world, those who read *Slowing Down in...*



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