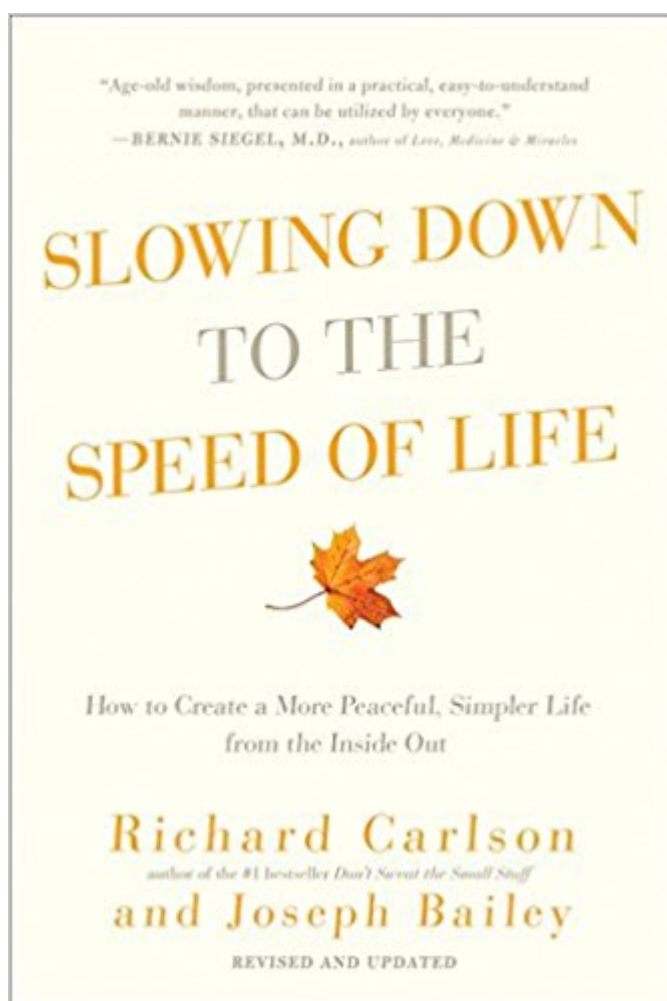


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Slowing Down To The Speed Of Life: How To Create A More Peaceful, Simpler Life From The Inside Out



Synopsis

“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.” •

Book Information

Paperback: 240 pages

Publisher: HarperOne; 1 edition (November 10, 2009)

Language: English

ISBN-10: 0061804290

ISBN-13: 978-0061804298

Product Dimensions: 5.3 x 0.5 x 8 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 84 customer reviews

Best Sellers Rank: #57,295 in Books (See Top 100 in Books) #30 in Books > Christian Books & Bibles > Christian Living > Counseling #91 in Books > Self-Help > Time Management #226 in Books > Self-Help > Stress Management

Customer Reviews

This is the book for you if you’ve ever had the urge to tell off your boss, quit your job, hurl your Palm Pilot into the trash, and move to a farm. Written by bestselling stress consultant and psychotherapist Dr. Richard Carlson *Don’t Sweat the Small Stuff*, it advocates the cultivation of a personal mindfulness and “thought navigation” to foster a sense of mental calmness and increased creativity and productivity. With sage tips reminiscent of those in Jon Kabat-Zinn’s *Wherever You Go, There You Are*, Carlson recommends a “Psychology of Mind” approach that involves being fully present in each situation and not letting the attitudes of others ruin your day. This way, your thoughts become more organized--wiser, if you will--and you get more work done without even trying. This time

management trick is what he says will improve your life--not a cell phone or an electronic scheduler or a personal assistant. Carlson's advice can be taken to heart, as he's used these techniques to improve his own life. While he was working on his Ph.D., he rose at 4 a.m. and "gulped down ten or fifteen cups of coffee" each day just to get all his work done, and would bristle if family emergencies took him away from his studying. Not only does Carlson promise to help boost one's productivity, but he says that relationships and intimacy will improve as well. He maintains that disagreements--at home or at work--are less likely to blow up into full-fledged arguments if you're being calm and levelheaded. "A mind operating at the speed of life can see things as they really are," he writes. "Slowing down gives you needed perspective during times of transition and stress. When you operate at the speed of life and your child desires privacy, you'll probably remember that almost all teenagers go through phases of wanting space from their parents....Rather than take it personally, you'll be able to see the bigger picture. If your mind is moving too quickly, events as well as your own thoughts about events become much larger than they really are." For anyone fed up with life's chaos, *Slowing Down to the Speed of Life* should prove to be an immensely helpful mental health manual. --Erica Jorgensen --This text refers to an out of print or unavailable edition of this title.

“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* and *PRESCRIPTIONS FOR LIVING*) “This book speaks right to the heart of the matter: how to get more satisfaction in life from less rushing around. Many people will change their lives dramatically by reading this great book.” (George Pransky, Ph.D., co-founder of Psychology of the Mind and author of *The Relationship Handbook*) “A life-enhancing book with insightful principles for peaceful and productive living at work and at home.” (Dan Millman, author of *Way of the Peaceful Warrior*)

This book is life-changing. I've been searching for a way to incorporate the eastern philosophies of mindfulness and being present into my everyday western life, but I wasn't able to make that leap until I read this book. Through plain language and concepts, this book walks the reader through the rather simple process of learning how to not worry (let go of the analytical mind when appropriate) and to trust the free-flow mind. Although it seems like an overly simple process, it actually works. I've been doing it for a few weeks now and it has made a huge impact on my stress level and my closeness with my children, my boyfriend, my aging parent, and my job. I highly recommend it.

A clear explanation of what is now called the 3 Principles. This movement was started in the '70's by Syd Banks and recently brought to the mainstream by Michael Neil and Jamie Smart. The authors use many excellent and relevant scenarios and examples, carefully interspersed so the reader can apply the thinking described in the book in his/her own life. A definite recommend!

Going back again a decade on to refresh the technique of staying in the moment like a child. My life becomes peaceful and calm. Anxiety lifts and life gets a whole lot better. Should have had this on the coffee table instead of putting it away where I can no longer find it!! Thankfully still available....

I was worried this book would be too touchy feel-y for me or have too many abstract ideas but I found it very helpful. I think some of the ideas are a bit naive, no, everyone is not always doing their best or have the best intentions, but the idea that using analytical thinking to try and figure out problems where we don't have all the information or facts or can't possibly ever know the outcome really hit home for me. I have put into practice quite a few of the ideas presented and have been feeling less stressed and busy as a result.

Whether you think you need this book or not, you do. It should be mandatory reading in schools, and standard business practice in workplaces. The middle is a little bit repetitive, but with good reason, the concepts are worth exploring in multiple life contexts. Keep reading though. I found the best thoughts in this book were kept to the last few chapters, a rarity for books generally devoted to a single important principle.

It's a nice book. If you wanna find more peace in life, you'd better read it. It won't change you overnight, but it provides some nice tools and suggestions as for dealing with our mind, thoughts, emotions. Overall, it's about differentiating between our analytical mind, which we have to use to solve puzzles, and our free flowing mode of thinking, which we have to use most of the time in our life when we just live, do, love. The problem with the humanity is that we tend heavily towards using our analytical thinking and have neglected almost entirely the other mode. The book deals with it by providing explanation, suggestions, real life examples, and by showing how we might be much happier and more productive, and how we actually might make better decisions all using our free flowing thinking mode.

Excellent book. Helped motivate a friend to get a way better job making huge money!

I've been trying to pay more attention to the present moment; this book has some great tips and insight on getting there and I have noticed a significant improvement in my stress levels over the couple weeks I've been reading it. It does get a bit repetitive and could probably have been at least 30% shorter if it were edited more thoroughly.

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