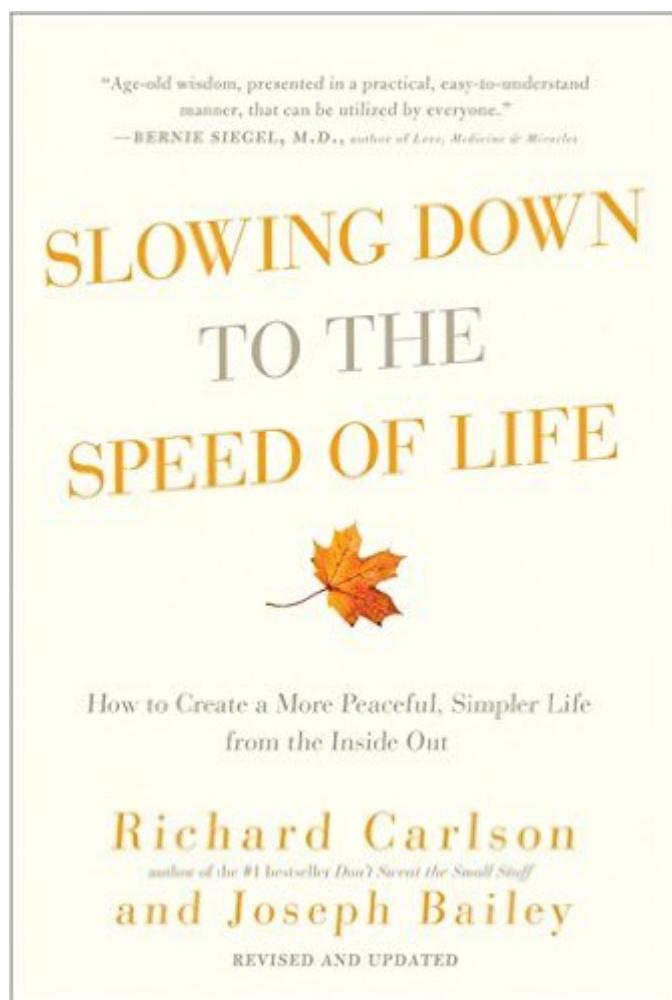


The book was found

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



Synopsis

â œAge-old wisdom presented in a practical, easy to understand manner that can be utilized by everyone.â • "Bernie Siegel, M. D., author of Love, Medicine & MiraclesÂ 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 (Donâ ™t Sweat the Small Stuffâ |and Itâ ™s All Small Stuff and Donâ ™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 â œa life-enhancing book with insightful principles for peaceful and productive living at work and at home.â •

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 starsÂ See all reviewsÂ (71 customer reviews)

Best Sellers Rank: #46,555 in Books (See Top 100 in Books) #16 inÂ Books > Christian Books & Bibles > Christian Living > Counseling #87 inÂ Books > Self-Help > Time Management #128 inÂ Books > Politics & Social Sciences > Social Sciences > Social Work

Customer Reviews

Personal AssessmentI am typically not a reader of self-help books or publications, but a colleague recommended this book to me after he continually heard me complain about how I can never seem to get ahead in my life with graduate school in the evenings, a stressful work environment with frequent travel, a 2-year old, while trying to maintain a healthy relationship with my wife. I was pleasantly surprised with the book. I always used to make lists, cross off items on the list which only resulted in new lists being made. I guess my (and everyone's) premise of making and completing lists was/is to hopefully realize a good feeling when all the items on the list are completed and crossed-off. Unfortunately, there is always another list to start and finish, so the good feeling, if one exists, will never last long, if you even get a good feeling...The book is an easy read, but to

completely grasp the basis of the philosophy presented in the book, as the book authors would say, requires a healthy, free-flowing state of mind to grasp the tools presented to the reader. In fact, the author states in the introduction of the book, to open/clear your mind in preparation for reading the book to allow the concepts to sink in. I am agreeable to the general premise of the book. I believe in the Psychology of the Mind philosophy and in the presentation of said material in Carlson's and Bailey's Slowing down to the Speed of Life. The 2 forms of thinking identified in the book, Analytical and Free-Flowing modes, both seem to me to be realistic to me. I actually found myself recognizing processing thoughts that I was having both at home and work and was able to shift my mode of thinking away from these thoughts which may have prevented further unhealthy states of mind.

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