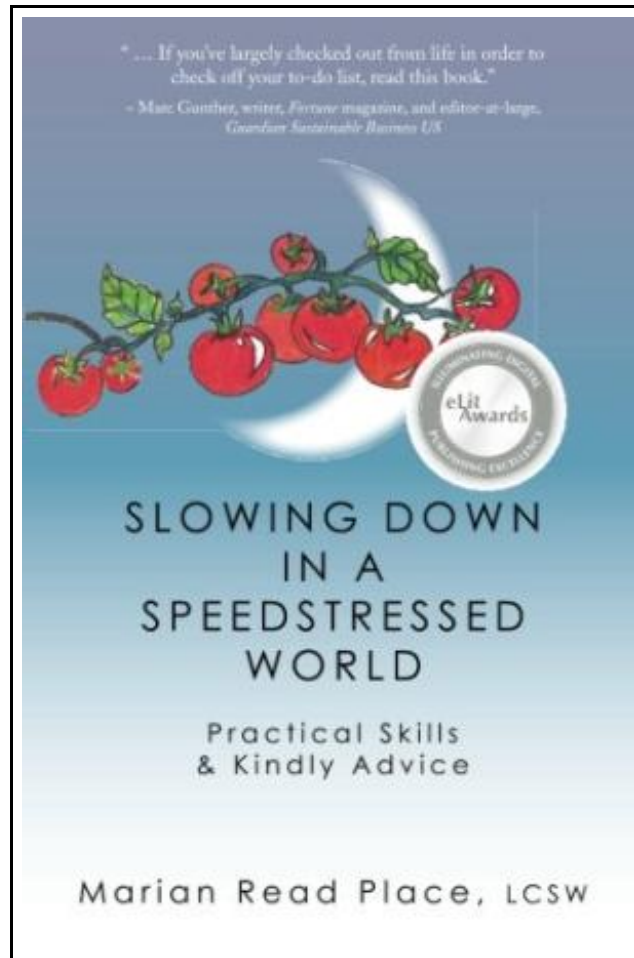


Slowing Down in a Speedstressed World: Practical Skills Kindly Advice (Paperback)



Filesize: 7.61 MB

Reviews

This ebook is great. I am quite late in start reading this one, but better then never. I am just easily will get a satisfaction of reading through a composed pdf.

(Brendan Doyle)

SLOWING DOWN IN A SPEEDSTRESSED WORLD: PRACTICAL SKILLS KINDLY ADVICE (PAPERBACK)

[DOWNLOAD](#)

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...*



[Read *Slowing Down in a Speedstressed World: Practical Skills Kindly Advice* \(Paperback\) Online](#)



[Download PDF *Slowing Down in a Speedstressed World: Practical Skills Kindly Advice* \(Paperback\)](#)

Other Kindle Books



And You Know You Should Be Glad (Paperback)

HarperCollins Publishers Inc, United States, 2014. Paperback. Book Condition: New. Reprint. 201 x 132 mm. Language: English . Brand New Book ***** Print on Demand *****.A highly personal and moving true story of friend-ship and...

[Download Book »](#)



Any Child Can Write (Paperback)

Oxford University Press Inc, United States, 2003. Paperback. Book Condition: New. 4th Revised edition. 201 x 135 mm. Language: English . Brand New Book ***** Print on Demand *****.Harvey S. Wiener shows how parents can...

[Download Book »](#)



Odd, Weird Little (Paperback)

Egmont USA, United States, 2015. Paperback. Book Condition: New. Reprint. 190 x 132 mm. Language: English . Brand New Book. New in paperback! * At last: a humorous, useful and pedantry-free book about bullying! --...

[Download Book »](#)



The Mystery at Big Ben (Paperback)

Gallopade International, United States, 2005. Paperback. Book Condition: New. 188 x 132 mm. Language: English . Brand New Book. Mimi and Papa speed away to London, England in their little red and white airplane, The...

[Download Book »](#)



That Recoil of Nature (Paperback)

Charivari Press, Canada, 2011. Paperback. Book Condition: New. 202 x 132 mm. Language: English . Brand New Book. In 1598 a young Italian noblewoman named Beatrice Cenci murdered her abusive, rapist father. Her actions found...

[Download Book »](#)

**Write Better Stories and Essays: Topics and Techniques to Improve Writing Skills for Students in Grades 6 - 8: Common Core State Standards Aligned (Paperback)**

Createspace Independent Publishing Platform, United States, 2012. Paperback. Book Condition: New. 277 x 211 mm. Language: English . Brand New Book ***** Print on Demand *****.Mr. George Smith, a children s book author, has been

[Save PDF »](#)

**The Frog Tells Her Side of the Story: Hey God, I m Having an Awful Vacation in Egypt Thanks to Moses! (Hardback)**

Broadman Holman Publishers, United States, 2013. Hardback. Book Condition: New. Cory Jones (illustrator). 231 x 178 mm. Language: English . Brand New Book. Oh sure, we ll all heard the story of Moses and the

[Save PDF »](#)

**Fart Book African Bean Fart Adventures in the Jungle: Short Stories with Moral (Paperback)**

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Black White Illustration Version! BONUS - Includes FREE Dog Fart Audio Book for

[Save PDF »](#)

**Ne ma Goes to Daycare (Paperback)**

AUTHORHOUSE, United States, 2015. Paperback. Book Condition: New. 216 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.This book is about a little biracial (African American/Caucasian) girl s first day

[Save PDF »](#)

**Children s Handwriting Book of Alphabets and Numbers: Over 4,000 Tracing Units for the Beginning Writer (Paperback)**

Createspace, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.The Children s Handwriting Book of Alphabets and Numbers provides extensive focus on

[Save PDF »](#)