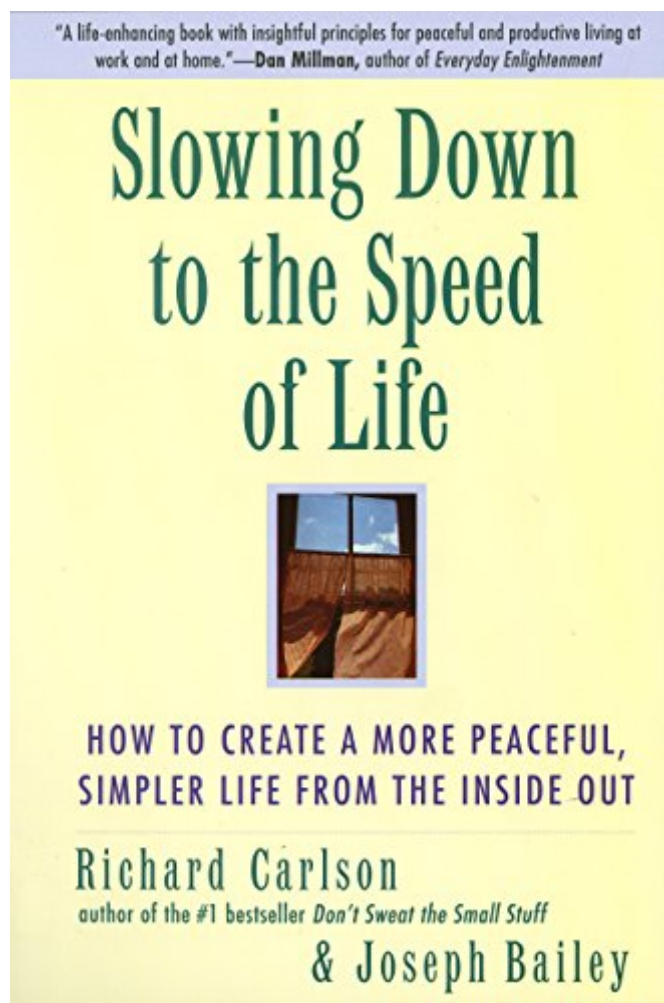


The book was found

Slowing Down To The Speed Of Life: How To Create A Peaceful, Simpler Life F



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

File Size: 762 KB

Print Length: 242 pages

Publisher: HarperCollins e-books; 1 edition (October 13, 2009)

Publication Date: October 13, 2009

Sold by: Digital Services LLC

Language: English

ASIN: B000PDZG60

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #85,593 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #92 in Kindle Store > Kindle eBooks > Business & Money > Business Life > Time Management #95 in Kindle Store > Kindle eBooks > Nonfiction > Self-Help > Stress Management #134 in Books > Self-Help > Time Management

Customer Reviews

Personal Assessment I 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.

[Download to continue reading...](#)

Slowing Down to the Speed of Life: How To Create a Peaceful, Simpler Life F Slowing Down to the Speed of Life: How to Create a More Peaceful, Simpler Life from the Inside Out Speed Training: For Combat, Boxing, Martial Arts, and MMA: How to Maximize Your Hand Speed, Foot Speed, Punching Speed, Kicking Speed, Wrestling Speed, and Fighting Speed Speed Reading: Seven Speed Reading Tactics To Read Faster, Improve Memory And Increase Profits (Speed Reading Techniques, Read Faster, Speed Reading For Professionals, Entrepreneurs) A Simpler Guide to Gmail, third edition: An unofficial user guide to setting up and using your free Google email account (Simpler Guides) Speed Reading: 7 Simple and Effective Speed Reading Techniques That Will Significantly Reduce Your Reading Time (Speed Reading Techniques, Read Faster, ... Focus, Memory Recall, Improve Productivity) Speed Reading: The Comprehensive Guide To Speed Reading - Increase Your Reading Speed By 300% In Less Than 24 Hours The Peaceful Daughter's Guide to Separating from A Difficult Mother: Freeing Yourself From The Guilt, Anger, Resentment and Bitterness of Being Raised ... (The Peaceful Daughter's Guides Book 1) DIY Gifts: 50 Cute And Easy DIY Gifts In A Jar That Everybody Actually Wants: (DIY Projects, diy household hacks,diy Speed Cleaning, tiny home living, ... everyday life, diy Speed Cleaning, gifts)) Take-Down Archery: A Do-It-Yourself Guide to Building PVC Take-Down Bows, Take-Down Arrows, Strings and More Blender Recipes: 27 Blender Recipes You Can Make with High Speed Blenders - Juicing For Weight Loss & Vitality (Blender Recipes You Can Make With Your ... Star & Other High Speed

Blenders & Juicers) Swim Speed Strokes for Swimmers and Triathletes: Master Freestyle, Butterfly, Breaststroke and Backstroke for Your Fastest Swimming (Swim Speed Series) Swim Speed Secrets for Swimmers and Triathletes: Master the Freestyle Technique Used by the World's Fastest Swimmers (Swim Speed Series) Swim Speed Workouts for Swimmers and Triathletes: The Breakout Plan for Your Fastest Freestyle (Swim Speed Series) Speed Reading for Entrepreneurs: Seven Speed Reading Tactics to Read Faster, Improve Memory and Increase Profits Speed Reading: How to Double (or Triple) Your Reading Speed in Just 1 Hour! Bypassing Bypass Surgery: Chelation Therapy: A Non-surgical Treatment for Reversing Arteriosclerosis, Improving Blocked Circulation, and Slowing the Aging Process The Doctor's Kidney Diets: A Nutritional Guide to Managing and Slowing the Progression of Chronic Kidney Disease The New Atkins Made Easy: A Faster, Simpler Way to Shed Weight and Feel Great -- Starting Today! Atkins: A Faster & Simpler Way to Shed Weight and Feel Great: 250 Simple and Delicious Low-Carb Recipes

[Dmca](#)