



Slowing Down to the Speed of Life: How to Create a More Peaceful, Simpler Life from the Inside Out

Richard Carlson, Joseph Bailey

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Ever notice that the faster you go, the "behinder" you get? Ever feel like while your life is full maybe too full of things to do, you aren't enjoying life nearly enough? Want a way off the treadmill of anxiety, worry and pressure and into real happiness?

In *Slowing Down to the Speed of Life*, Richard Carlson and Joseph Bailey show you how to create a more peaceful, simpler life from the inside out. In the authors' words: "This is a book about slowing down to learning to live in the moment. We are not, however, going to ask to change your lifestyle. You don't have to move to the country or to a small town in another state. You don't have to resign from your job or change your career."

"In this book, you will learn to slow down your life from the inside out. This change will result from a wiser way of being in the world, not from superficially reorganizing the externals of your life. You will discover how your quality of life is created within rather than imposed upon you by outside forces."

Carlson and Bailey help us recognize rushed thought processes and access healthy, relaxed feelings and, using the popular "psychology of mind" approach, they teach us to gain new-found abilities to stay focused on the task at hand and enhance our creativity and achievement. Illustrated with useful exercises, charts and diagrams, as well as inspiring personal reflections, *Slowing Down to the Speed of Life* shows us how to maintain a healthy calm in the midst of life's storm.

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This Slowing Down to the Speed of Life: How to Create a More Peaceful, Simpler Life from the Inside Out book is just not ordinary book, you have after that it the world is in your hands. The benefit you have by reading this book is information inside this e-book incredible fresh, you will get data which is getting deeper you actually read a lot of information you will get. This specific Slowing Down to the Speed of Life: How to Create a More Peaceful, Simpler Life from the Inside Out without we know teach the one who examining it become critical in considering and analyzing. Don't end up being worry Slowing Down to the Speed of Life: How to Create a More Peaceful, Simpler Life from the Inside Out can bring any time you are and not make your carrier space or bookshelves' become full because you can have it in your lovely laptop even cellphone. This Slowing Down to the Speed of Life: How to Create a More Peaceful, Simpler Life from the Inside Out having good arrangement in word in addition to layout, so you will not experience uninterested in reading.

Jeffrey Spencer:

The reason? Because this Slowing Down to the Speed of Life: How to Create a More Peaceful, Simpler Life from the Inside Out is an unordinary book that the inside of the e-book waiting for you to snap the idea but latter it will shock you with the secret it inside. Reading this book next to it was fantastic author who have write the book in such awesome way makes the content interior easier to understand, entertaining way but still convey the meaning entirely. So , it is good for you because of not hesitating having this any longer or you going to regret it. This book will give you a lot of positive aspects than the other book get such as help improving your talent and your critical thinking way. So , still want to hold up having that book? If I were being you I will go to the e-book store hurriedly.

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