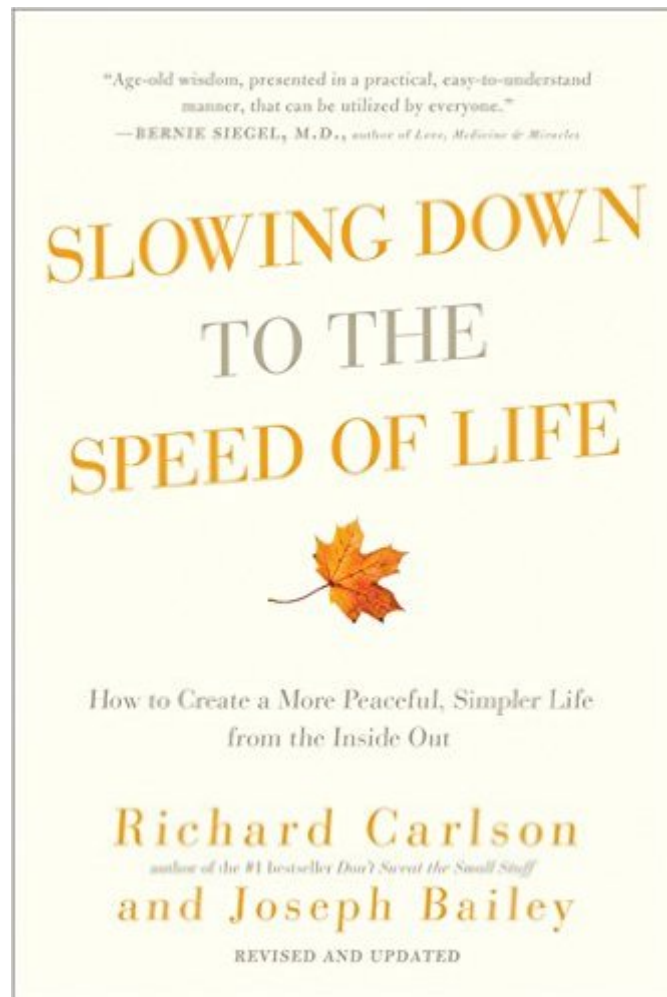


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# Slowing Down To The Speed Of Life: How To Create A More Peaceful, Simpler Life From The Inside Out



## 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

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## 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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