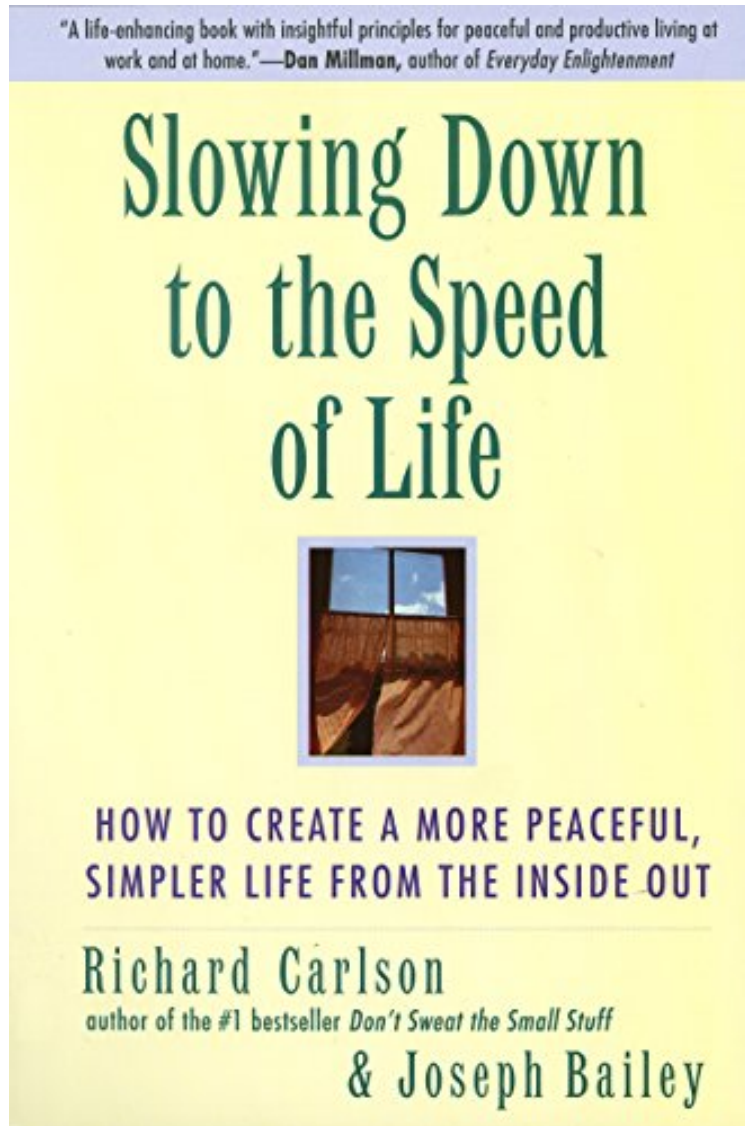


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## **Slowing Down to the Speed of Life: How To Create a Peaceful, Simpler Life F**

*Richard Carlson, Joseph Bailey*  
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**Richard Carlson, Joseph Bailey : Slowing Down to the Speed of Life: How To Create a Peaceful, Simpler Life F** before purchasing it in order to gage whether or not it would be worth my time, and all praised *Slowing Down to the Speed of Life: How To Create a Peaceful, Simpler Life F*:

4 of 4 people found the following review helpful. Well done!By SueReviewsA clear explanation of what is now called the 3 Principles. This movement was started in the '70's by Syd Banks and recently brought to the mainstream by Michael Neil and Jamie Smart. The authors use many excellent and relevant scenarios and examples, carefully

interspersed so the reader can apply the thinking described in the book in his/her own life. A definite recommend! 2 of 2 people found the following review helpful. Best book I ever read! By Customer Going back again a decade on to refresh the technique of staying in the moment like a child. My life becomes peaceful and calm. Anxiety lifts and life gets a whole lot better. Should have had this on the coffee table instead of putting it away where I can no longer find it!! Thankfully still available.... 0 of 0 people found the following review helpful. Very Worthwhile Read By Kelly Barton I was worried this book would be too touchy feel-y for me or have too many abstract ideas but I found it very helpful. I think some of the ideas are a bit naive, no, everyone is not always doing their best or have the best intentions, but the idea that using analytical thinking to try and figure out problems where we don't have all the information or facts or can't possibly ever know the outcome really hit home for me. I have put into practice quite a few of the ideas presented and have been feeling less stressed and busy as a result.

Idquo;Age-old wisdom presented in a practical, easy to understand manner that can be utilized by everyone.rdqo;mdash;Bernie Siegel, M. D., author of *Love, Medicine Miracles*nbsp;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 (Donrsquo;t Sweat the Small Stuffhellip;and Itrsquo;s All Small Stuff and Donrsquo;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 Idquo;a life-enhancing book with insightful principles for peaceful and productive living at work and at home.rdqo;

.com This is the book for you if you've ever had the urge to tell off your boss, quit your job, hurl your Palm Pilot into the trash, and move to a farm. Written by bestselling stress consultant and psychotherapist Dr. Richard Carlson Don't Sweat the Small Stuff, it advocates the cultivation of a personal mindfulness and "thought navigation" to foster a sense of mental calmness and increased creativity and productivity. With sage tips reminiscent of those in Jon Kabat-Zinn's *Wherever You Go, There You Are*, Carlson recommends a "Psychology of Mind" approach that involves being fully present in each situation and not letting the attitudes of others ruin your day. This way, your thoughts become more organized--wiser, if you will--and you get more work done without even trying. This time management trick is what he says will improve your life--not a cell phone or an electronic scheduler or a personal assistant. Carlson's advice can be taken to heart, as he's used these techniques to improve his own life. While he was working on his Ph.D., he rose at 4 a.m. and "gulped down ten or fifteen cups of coffee" each day just to get all his work done, and would bristle if family emergencies took him away from his studying. Not only does Carlson promise to help boost one's productivity, but he says that relationships and intimacy will improve as well. He maintains that disagreements--at home or at work--are less likely to blow up into full-fledged arguments if you're being calm and levelheaded. "A mind operating at the speed of life can see things as they really are," he writes. "Slowing down gives you needed perspective during times of transition and stress. When you operate at the speed of life and your child desires privacy, you'll probably remember that almost all teenagers go through phases of wanting space from their parents....Rather than take it personally, you'll be able to see the bigger picture. If your mind is moving too quickly, events as well as your own thoughts about events become much larger than they really are." For anyone fed up with life's chaos, *Slowing Down to the Speed of Life* should prove to be an immensely helpful mental health manual. --Erica Jorgensen Idquo;This book speaks right to the heart of the matter: how to get more satisfaction in life from less rushing around. Many people will change their lives dramatically by reading this great book.rdqo;From the Inside FlapEver 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.