

Slow

Maggie Berg,Barbara Seeber

Slow Brooke McAlary,2018-07-10 Free Yourself from a Frantic Life and Embrace the Joy of Slow Living What is slow living? It's a way to find happiness by stepping away from the never-ending demands to constantly succeed and acquire more and more. It's easy to get stuck in the carousel of frantically wanting, buying, and upgrading the things in your life. The philosophy of simple living is about finding the freedom to be less perfect and taking time to enjoy the pure joys of life: a walk in the forest, sharing laughter with family, a personal moment of gratitude. Reconnecting with the living world can help you integrate moments of peace, joy, and mindfulness into an otherwise rapid life. Simple living: After being diagnosed with post-natal depression, Brooke McAlary learned about the power of minimalism and found that the key to happiness was a simpler, more fulfilling existence. She put the brakes on her stressful path and reorganized her life to live outside the status-quo, emphasizing depth, connection, and meaningful experiences. Brooke shares the story of her journey alongside practical advice for simplifying in ways that work for your life. In *Slow: Simple Living for a Frantic World*, you'll find: Guidance for forming your own slow life Ways to declutter and de-own Tips to replace messiness with mindfulness Paths forward to answer the question Where to now? *Slow: Simple Living for a Frantic World* is an excellent addition to your library if you have read *Soulful Simplicity*, *The Art of Frugal Hedonism*, *The Year of Less*, or *Destination Simple*.

Chasing Slow Erin Loechner,2017-01-10 Chasing Slow models HGTV star Erin Loechner's journey to help you break out of the faster-better-stronger trap and make small changes to refresh your perspective, renew your priorities, and shift your focus to what matters most. You're here, but you want to be there. So you spend your life narrowing this divide, and you call this your race, your journey, your path. You live your days tightening your boot straps, wiping the sweat from your brow, chasing undiscovered happiness just around the bend. And on and on you run. Viral sensation and HGTV.com star Erin Loechner knows about the chase. Before turning 30, she'd earned the title The Nicest Girl Online as she was praised for her authentic voice and effortless style. Her HGTV web show garnered over one million fans worldwide, and her client list includes Walt Disney World, IKEA, Martha Stewart and Home Depot. The New York Times applauded her, her friends and church admired her, and her husband and baby adored her. She had arrived at the ultimate destination. So why did she feel so lost? Through a series of steep climbs--her husband's brain tumor, bankruptcy, family loss, and public criticism--Erin learns just how much strength it takes to surrender it all, and to veer right into grace. In *Chasing Slow*, Erin upgrades her life through downsizing--her stuff, her obligations, her fears, her personal metric of perfect. And ultimately, her invitation becomes yours: to turn away from the fast and frenzy, and find freedom in a new-fashioned lifestyle defined by grace. Life's answers are not always hidden where they seem. It's time to venture off the beaten path to see that we've already been given everything we need. We've already arrived. You see? You'll see.

Thinking, Fast and Slow Daniel Kahneman,2011-10-25 Major New York Times bestseller Winner of the National Academy of Sciences Best Book Award in 2012 Selected by the New York Times Book Review as one of the ten best books of 2011 A Globe and Mail Best Books of the Year 2011 Title One of The Economist's 2011 Books of the Year One of The Wall Street Journal's Best Nonfiction Books of the Year 2011 2013 Presidential Medal of Freedom Recipient Kahneman's work with Amos Tversky is the subject of Michael Lewis's *The Undoing Project: A Friendship That Changed Our Minds* In his mega bestseller, *Thinking, Fast and Slow*, Daniel Kahneman, the renowned psychologist and winner of the Nobel Prize in Economics, takes us on a groundbreaking tour of the mind and explains the two systems that drive the way we think. System 1 is fast, intuitive, and emotional; System 2 is slower, more deliberative, and more logical. The impact of overconfidence on corporate strategies, the difficulties of predicting what will make us happy in the future, the profound effect of cognitive biases on everything from playing the stock market to planning our next vacation—each of these can be understood only by knowing how the two systems shape our judgments and decisions. Engaging the reader in a lively conversation about how we think, Kahneman reveals where we can and cannot trust our intuitions and how we can tap into the benefits of slow thinking. He offers practical and enlightening insights into how choices are made in both our business and our personal lives—and how we can use different techniques to guard against the mental glitches that often get us into trouble. Winner of the National Academy of Sciences Best Book Award and the Los Angeles Times Book Prize and selected by The New York Times Book Review as one of the ten best books of 2011, *Thinking, Fast and Slow* is destined to be a classic.

In Praise of Slowness Carl Honore,2009-04-14 We live in the age of speed. We strain to be more efficient, to cram more into each minute, each hour, each day. Since the Industrial Revolution shifted the world into high gear, the cult of speed has pushed us to a breaking point. Consider these facts: Americans on average spend seventy-two minutes of every day behind the wheel of a car, a typical business executive now loses sixty-eight hours a year to being put on hold, and American adults currently devote on average a mere half hour per week to making love. Living on the edge of exhaustion, we are constantly reminded by our bodies and minds that the pace of life is spinning out of control. In *Praise of Slowness* traces the history of our increasingly breathless relationship with time and tackles the consequences of living in this accelerated culture of our own creation.

Why are we always in such a rush? What is the cure for time sickness? Is it possible, or even desirable, to slow down? Realizing the price we pay for unrelenting speed, people all over the world are reclaiming their time and slowing down the pace -- and living happier, healthier, and more productive lives as a result. A Slow revolution is taking place. Here you will find no Luddite calls to overthrow technology and seek a preindustrial utopia. This is a modern revolution, championed by cell-phone using, e-mailing lovers of sanity. The Slow philosophy can be summed up in a single word -- balance. People are discovering energy and efficiency where they may have been least expected -- in slowing down. In this engaging and entertaining exploration, award-winning journalist and rehabilitated speedaholic Carl Honoré details our perennial love affair with efficiency and speed in a perfect blend of anecdotal reportage, history, and intellectual inquiry. In *Praise of Slowness* is the first comprehensive look at the worldwide Slow movements making their way into the mainstream -- in offices, factories, neighborhoods, kitchens, hospitals, concert halls, bedrooms, gyms, and schools. Defining a movement that is here to stay, this spirited manifesto will make you completely rethink your relationship with time.

Growing Slow Jennifer Dukes Lee, 2021-05-11 Enter a simpler way of living by unhurrying your heart, embracing the relaxed rhythms of nature, and discovering the meaningful gift of growing slow. We long to make a break from the fast pace of life, but if we're honest, we're afraid of what we'll miss if we do. Yet when going big and hustling hard leaves us stressed, empty, and out of sorts, perhaps this can be our cue to step into a far more satisfying, sustainable pace. In this crafted, inspiring read, beloved author Jennifer Dukes Lee offers a path to unhurried living by returning to the rhythm of the land and learning the ancient art of Growing Slow. Jennifer was once at breaking point herself, and tells her story of rude awakening to the ways her chosen lifestyle of running hard, scaling fast, and the neverending chase for results was taking a toll on her body, heart, and soul. But when she finally gave herself permission to believe it takes time to grow good things, she found a new kind of freedom. With eloquent truths and vivid storytelling, Jennifer reflects on the lessons she learned from living on her fifth-generation family farm and the insights she gathered from the purposeful yet never rushed life of Christ. *Growing Slow* charts a path out of the pressures of bigger, harder, faster, and into a more rooted way of living where the growth of good things is deep and lasting. Following the rhythms of the natural growing season, *Growing Slow* will help you: Find the true relief that comes when you stop running and start resting in Jesus Learn practices for unhurrying your heart and mind every day Let go of the pressure and embrace the small, good things already bearing fruit in your life And engage slow growth through reflection prompts and simple application steps

Suzuki cello school Shin-ichi Suzuki, 1991

Slow Knitting Hannah Thiessen, 2017-10-10 “Thiessen has done her research, and talked to people who truly have insight into the process of making both yarn and clothing.” —Modern Daily Knitting Like the “slow food” movement, *Slow Knitting* encourages knitters to step back, pare down, and celebrate the craftsmanship of their work. In five chapters centered around the tenets of slow knitting—sourcing carefully, making thoughtfully, thinking environmentally, experimenting fearlessly, and exploring openly—Hannah Thiessen challenges knitters of all skill levels to view their practice in a new way. Each chapter contains explorations of fiber types; profiles of well-known yarn types, makers, and yarn suppliers; and garment patterns inspired by the featured fibers. With contributions from knitting superstars Norah Gaughan, Bristol Ivy, and many others, *Slow Knitting* proposes an approach to knitting that is both minimalist and all-encompassing, and emphasizes what makes knitting a meditation, a passion, and a unique necessity. “Promotes the concept of ‘slow knitting’ which discards the pressure to produce prolifically and instead, revolves around the idea that thoughtfully produced yarn will result in better projects for you-the crafter.” —MarthaStewart.com

Fast and Slow Brienna Rossiter, 2019-01-01 Introduces readers to the concept of opposites through the pairing of fast and slow. Simple text, straightforward photos, and a photo glossary make this title the perfect primer on a common pair of opposites.

salt slow Julia Armfield, 2019-10-08 Shortlisted for the Sunday Times Young Writer of the Year Award From White Review Short Story Prize winner Julia Armfield, a brilliant, provocative debut story collection for fans of Carmen Maria Machado and Kelly Link. In her electrifying debut, Julia Armfield explores women’s experiences in contemporary society, mapped through their bodies. As urban dwellers’ sleeps become disassociated from them, like Peter Pan’s shadow, a city turns insomniac. A teenager entering puberty finds her body transforming in ways very different than her classmates’. As a popular band gathers momentum, the fangirls following their tour turn into something monstrous. After their parents remarry, two step-sisters, one a girl and one a wolf, develop a dangerously close bond. And in an apocalyptic landscape, a pregnant woman begins to realize that the creature in her belly is not what she expected. Blending elements of horror, science fiction, mythology, and feminism, *salt slow* is an utterly original collection of short stories that are sure to dazzle and shock, heralding the arrival of a daring new voice.

Thinking, Fast and Slow... in 30 Minutes 30 Minute Expert Summary Staff, 2012-12-01 Decisions: You make hundreds every day, but do you really know how they are made? When can you trust fast, intuitive judgment,

and when is it biased? How can you transform your thinking to help avoid overconfidence and become a better decision maker? Thinking, Fast and Slow ...in 30 Minutes is the essential guide to quickly understanding the fundamental components of decision making outlined in Daniel Kahneman's bestselling book, Thinking, Fast and Slow. Understand the key ideas behind Thinking, Fast and Slow in a fraction of the time: Concise chapter-by-chapter synopses Essential insights and takeaways highlighted Illustrative case studies demonstrate Kahneman's groundbreaking research in behavioral economics In Thinking, Fast and Slow, Daniel Kahneman, best-selling author and recipient of the Nobel Prize in Economics, has compiled his many years of groundbreaking research to offer practical knowledge and insights into how people's minds make decisions. Challenging the standard model of judgment, Kahneman aims to enhance the everyday language about thinking to more accurately discuss, diagnose, and reduce poor judgment. Thought, Kahneman explains, has two distinct systems: the fast and intuitive System 1, and the slow and effortful System 2. Intuitive decision making is often effective, but in Thinking, Fast and Slow Kahneman highlights situations in which it is unreliable-when decisions require predicting the future and assessing risks. Presenting a framework for how these two systems impact the mind, Thinking, Fast and Slow reveals the far-reaching impact of cognitive biases-from creating public policy to playing the stock market to increasing personal happiness-and provides tools for applying behavioral economics toward better decision making. A 30 Minute Expert Summary of Thinking, Fast and Slow Designed for those whose desire to learn exceeds the time they have available, the Thinking, Fast and Slow expert summary helps readers quickly and easily become experts ...in 30 minutes.

Slow Church C. Christopher Smith, John Pattison, 2014-05-06 In today's fast-food world, Christianity can seem outdated or archaic. The temptation becomes to pick up the pace and play the game. But Chris Smith and John Pattison invites us to leave franchise faith behind and enter the kingdom of God, where people know each other well and love one another as Christ loves the church.

Slow Jo Peters, 2018-09-13 Endless work deadlines, family and social responsibilities, runaway to-do lists, FOMO... do you ever wish you could press the pause button to catch a breath? Discover ways to slow down time with this invaluable guide to slow living. It will not only boost your physical and mental well-being but enrich your relationships and help you to reconnect with what's really important. With practical advice on self-care, breathing techniques, mindfulness, ethical living and eating, and how best to cultivate quiet moments every day, Slow is your companion to a happier, calmer you.

Why So Slow? Virginia Valian, 1999-01-07 Virginia Valian uses concepts and data from psychology, sociology, economics, and biology to explain the disparity in the professional advancement of men and women. Why do so few women occupy positions of power and prestige? Virginia Valian uses concepts and data from psychology, sociology, economics, and biology to explain the disparity in the professional advancement of men and women. According to Valian, men and women alike have implicit hypotheses about gender differences—gender schemas—that create small sex differences in characteristics, behaviors, perceptions, and evaluations of men and women. Those small imbalances accumulate to advantage men and disadvantage women. The most important consequence of gender schemas for professional life is that men tend to be overrated and women underrated. Valian's goal is to make the invisible factors that retard women's progress visible, so that fair treatment of men and women will be possible. The book makes its case with experimental and observational data from laboratory and field studies of children and adults, and with statistical documentation on men and women in the professions. The many anecdotal examples throughout provide a lively counterpoint.

Slow Getting Up Nate Jackson, 2014-09-02 One man's odyssey into the brutal hive of the National Football League As an unsigned free agent who rose through the practice squad to the starting lineup of the Denver Broncos, Nate Jackson took the path of thousands of unknowns before him to carve out a professional football career twice as long as the average player. Through his story recounted here—from scouting combines to preseason cuts to byzantine film studies to glorious touchdown catches—even knowledgeable football fans will glean a new, starkly humanized understanding of the NFL's workweek. Fast-paced, lyrical, dirty, and hilariously unvarnished, Slow Getting Up is an unforgettable look at the real lives of America's best athletes putting their bodies and minds through hell.

Run Fast. Cook Fast. Eat Slow. Shalane Flanagan, Elyse Kopecky, 2018-08-14 Cook the recipes that Shalane Flanagan ate while training for her historic 2017 TCS New York City Marathon win! The New York Times bestseller Run Fast. Eat Slow. taught runners of all ages that healthy food could be both indulgent and incredibly nourishing. Now, Olympian Shalane Flanagan and chef Elyse Kopecky are back with a cookbook that's full of recipes that are fast and easy without sacrificing flavor. Whether you are an athlete, training for a marathon, someone who barely has time to step in the kitchen, or feeding a hungry family, Run Fast. Cook Fast. Eat Slow. has wholesome meals to sustain you. Run Fast. Cook Fast. Eat Slow. is full of pre-run snacks, post-run recovery breakfasts, on-the-go lunches, and 30-minutes-or-less dinner recipes. Each and every recipe—from Shalane and Elyse's signature Superhero muffins to energizing smoothies, grain salads, veggie-loaded power bowls, homemade pizza, and race day bars—provides fuel and nutrition without sacrificing taste or time.

Cooking Slow Andrew Schloss, 2013-10-15 The New York Times bestselling author of Mastering the Grill presents more than 80 delectable recipes that celebrate the art of slow cooking. This tantalizing book explores time-honored methods that yield tender, delicious meals with little hands-on cooking time. More than eighty recipes cover everything from slow-simmered soups and stews to hearty braised meats and a lemon cheesecake

that cures to a creamy custard in a warm oven overnight. A chapter devoted to the sous vide technique will tempt the technophiles, while the slow-grilling section is a revelation for those who man the grill every weekend. Brought to life with thirty-six enticing photographs by award-winning photographer Alan Benson, *Cooking Slow* is a must-have for dedicated home cooks.

Destination Simple Brooke McAlary, 2016-12-23 How to harness the power of daily rituals to create a calmer, happier life. We live life in the fast lane. We are over-worked, over-connected and over-stressed, and we compete over how busy and important and sleep-deprived we are. But we don't have to. Brooke McAlary knows first-hand the power of simplifying and living with less. After being diagnosed with postnatal depression, she embraced a more intentional life. Then, when the Covid-19 pandemic hit, she had to review her everyday routines – and expectations. She looked for ways to adapt them to fit a life in lockdown, all the while protecting and prioritising her health, energy and passion. In this fully revised edition of *Destination Simple*, with an entirely new introduction and updates throughout in light of the pandemic, Brooke shows us how to harness the power of daily rituals to change the flow of our busy lives and create lasting, positive change.

Slow Professor Maggie Berg, Barbara Seeber, 2016-01-01 In *The Slow Professor*, Maggie Berg and Barbara K. Seeber discuss how adopting the principles of the Slow movement in academic life can counter the erosion of humanistic education.

Slow Jogging Hiroaki Tanaka, Magdalena Jackowska, 2016-05-10 Running is America's most popular participatory sport, yet more than half of those who identify as runners get injured every year. Falling prey to injuries from overtraining, faulty form, poor eating, and improper footwear, many runners eventually, and reluctantly, abandon the sport for a less strenuous pastime. But for the first time in the United States, Hiroaki Tanaka's *Slow Jogging* demonstrates that there is an efficient, healthier, and pain-free approach to running for all ages and lifestyles. Tanaka's method of easy running, or "slow jogging," is an injury-free approach to running that helps participants burn calories, lose weight, and even reverse the effects of Type-2 diabetes. With easy-to-follow steps and colorful charts, *Slow Jogging* teaches runners to enjoy injury-free activity by: • Maintaining a smiling, or niko niko in Japanese, pace that is both easy and enjoyable • Landing on mid-foot, instead of on the heel • Choosing shoes with thin, flexible soles and no oversized heel • Aiming for a pace of 180 steps per minute • And trying to find time for activity every day Accessible to runners of all fitness levels and ages, *Slow Jogging* will inspire thousands more Americans to take up running and will change the way that avid runners hit the pavement.

Can't Slow Down Michaelangelo Matos, 2020-12-08 A Rolling Stone-Kirkus Best Music Book of 2020 The definitive account of pop music in the mid-eighties, from Prince and Madonna to the underground hip-hop, indie rock, and club scenes Everybody knows the hits of 1984 - pop music's greatest year. From *Thriller* to *Purple Rain*, *Hello* to *Against All Odds*, *What's Love Got to Do with It* to *Wake Me Up Before You Go-Go*, these iconic songs continue to dominate advertising, karaoke nights, and the soundtracks for film classics (*Boogie Nights*) and TV hits (*Stranger Things*). But the story of that thrilling, turbulent time, an era when Top 40 radio was both the leading edge of popular culture and a moral battleground, has never been told with the full detail it deserves - until now. *Can't Slow Down* is the definitive portrait of the exploding world of mid-eighties pop and the time it defined, from Cold War anxiety to the home-computer revolution. Big acts like Michael Jackson (*Thriller*), Prince (*Purple Rain*), Madonna (*Like a Virgin*), Bruce Springsteen (*Born in the U.S.A.*), and George Michael (*Wham!'s Make It Big*) rubbed shoulders with the stars of the fermenting scenes of hip-hop, indie rock, and club music. Rigorously researched, mapping the entire terrain of American pop, with crucial side trips to the UK and Jamaica, from the biz to the stars to the upstarts and beyond, *Can't Slow Down* is a vivid journey to the very moment when pop was remaking itself, and the culture at large - one hit at a time.

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