

Quote About Slowing Down

Louise DeSalvo

The Art of Slow Writing Louise DeSalvo, 2014-10-07 In a series of conversational observations and meditations on the writing process, *The Art of Slow Writing* examines the benefits of writing slowly. DeSalvo advises her readers to explore their creative process on deeper levels by getting to know themselves and their stories more fully over a longer period of time. She writes in the same supportive manner that encourages her students, using the slow writing process to help them explore the complexities of craft. *The Art of Slow Writing* is the antidote to self-help books that preach the idea of fast-writing, finishing a novel a year, and quick revisions. DeSalvo makes a case that more mature writing often develops over a longer period of time and offers tips and techniques to train the creative process in this new experience. DeSalvo describes the work habits of successful writers (among them, Nobel Prize laureates) so that readers can use the information provided to develop their identity as writers and transform their writing lives. It includes anecdotes from classic American and international writers such as John Steinbeck, Henry Miller, Virginia Woolf and D. H. Lawrence as well as contemporary authors such as Michael Chabon, Junot Diaz, Jeffrey Eugenides, Ian McEwan, and Salman Rushdie. DeSalvo skillfully and gently guides writers to not only start their work, but immerse themselves fully in the process and create texts they will treasure.

Slowness Milan Kundera, 2020-11-09 *Slowness* was Milan Kundera's first novel written in French. Disconcerted and enchanted, the reader follows him through a midsummer's night in which two tales of seduction, separated in time by more than two hundred years, interweave and oscillate between the sublime and ridiculous. As Kundera's readers would expect, *Slowness* is at the same time a formidable display of existential analysis. *Slowness* (and rapidity), discretion (and exhibitionism) are the principal concepts, and those which are to the reader like vital keys for understanding life in our contemporary world.

Life Will Be the Death of Me Chelsea Handler, 2019-04-09 #1 NEW YORK TIMES BESTSELLER • The funny, sad, super-honest, all-true story of Chelsea Handler's year of self-discovery—featuring a nerdily brilliant psychiatrist, a shaman, four Chow Chows, some well-placed security cameras, various family members (living and departed), friends, assistants, and a lot of edibles A SKIMM READS PICK • “This will be one of your favorite books of all time.”—Amy Schumer In a haze of vape smoke on a rare windy night in L.A. in the fall of 2016, Chelsea Handler daydreams about what life will be like with a woman in the White House. And then Donald Trump happens. In a torpor of despair, she decides that she's had enough of the

privileged bubble she's lived in—a bubble within a bubble—and that it's time to make some changes, both in her personal life and in the world at large. At home, she embarks on a year of self-sufficiency—learning how to work the remote, how to pick up dog shit, where to find the toaster. She meets her match in an earnest, brainy psychiatrist and enters into therapy, prepared to do the heavy lifting required to look within and make sense of a childhood marked by love and loss and to figure out why people are afraid of her. She becomes politically active—finding her voice as an advocate for change, having difficult conversations, and energizing her base. In the process, she develops a healthy fixation on Special Counsel Robert Mueller and, through unflinching self-reflection and psychological excavation, unearths some glittering truths that light up the road ahead. Thrillingly honest, insightful, and deeply, darkly funny, Chelsea Handler's memoir keeps readers laughing, even as it inspires us to look within and ask ourselves what really matters in our own lives. Praise for *Life Will Be the Death of Me* “You thought you knew Chelsea Handler—and she thought she knew herself—but in her new book, she discovers that true progress lies in the direction we haven't been.”—Gloria Steinem “I always wondered what it would be like to watch Chelsea Handler in session with her therapist. Now I know.”—Ellen DeGeneres “I love this book not just because it made me laugh or because I learned that I feel the same way about certain people in politics as Chelsea does. I love this book because I feel like I finally really got to know Chelsea Handler after all these years. Thank you for sharing, Chelsea!”—Tiffany Haddish

Take Your Time Eknath Easwaran, 2012-10-09 Through stories and step-by-step advice, a respected meditation teacher shows how to calm our minds in the midst of the busiest schedule, opening the door to a wiser, happier life. Complements time management books by tackling the root problem: how to control the speeded-up mind

I Ching Wisdom Volume Two Wu Wei, 2010-04-20 This sequel to the popular *I Ching Wisdom Volume One* contains more of Wu Wei's profound sayings drawn from the *I Ching's* deepest wisdom. Wu Wei has added his enlightened comments to these sayings to help us apply the practical, timeless wisdom of the *I Ching* to our lives. The wisdom of the *I Ching* reveals the universal laws that govern us all, and *I Ching Wisdom* shows us how to live in harmony with those laws to live a life of peace, love, happiness, prosperity, and success. The *I Ching's* invaluable insights, says Wu Wei, help us steer a safer, clearer course through the uncharted journey of our lives, teach us to recognize and avoid the pitfalls that beset the path of the unenlightened, and show us how to “soar to the heights of success and good fortune. Each saying is accompanied by a delightful Chinese ink drawing done in the Zen style by the author.

Life in the Sloth Lane Lucy Cooke, 2018-04-17 WHY ARE SLOTHS ALWAYS SMILING? Perhaps it's because they've mastered the art of taking it slow in a world whose frenzied pace is driving the rest of us crazy. Here, in a mindfulness book like no other, heart-tuggingly cute photographs of these always-chill creatures are paired with words of wisdom, all to inspire us to slow down, stop to enjoy the little things, and come up relaxed, centered, and smiling.

In Praise of Slow Carl Honore, 2010-11-25 THE INTERNATIONAL BESTSELLER - OVER 1/2 MILLION COPIES SOLD,

NOW WITH NEW PREFACE Across the western world more and more people are slowing down. Slower is better: better work, better productivity, better exercise, better sex, better food. DON'T HURRY, BE HAPPY. Almost everyone complains about the hectic pace of their lives. These days, our culture teaches that faster is better. But in the race to keep up, everything suffers - our work, diet and health, our relationships and sex lives. International bestselling author Carl Honoré uncovers a movement that challenges the cult of speed. In this entertaining and hands-on investigation, he takes us on a tour of the emerging Slow movement: from a Tantric sex workshop in London to a meditation room for Tokyo executives, from a SuperSlow exercise studio in New York, to Italy, the home of the Slow Food, Slow Cities and Slow Sex movements. There has never been a better time to embrace the healing power of living slow.

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.

Love for Imperfect Things Haemin Sunim, 2019-01-24 **Pre-order Haemin's new book, *When Things Don't Go Your Way*, today** A beautiful guide for learning to love ourselves, from the author of the internationally bestselling *The Things You Can See Only When You Slow Down* No one is perfect. But that doesn't stop us from imagining ourselves smarter, funnier, richer, or thinner, and how much happier we would then be. *Love for Imperfect Things*, by the bestselling Korean monk, Haemin Sunim, shows how the path to happiness and peace of mind includes not only strong relationships with others, but also letting go of worries about ourselves. Packed with his typical spiritual wisdom, Sunim teaches us to embrace our flaws rather than trying to overcome them, and demonstrates that love has very little to do with perfection. With chapters on self-compassion, relationships, empathy, courage, family, healing, our true nature, and acceptance, as well as beautiful full-colour illustrations, *Love for Imperfect Things* is a much-needed guide for learning to love ourselves - imperfections and all.

_____ 'Universal truths, beautifully expressed, lovingly illustrated . . . this is a book to keep close at hand' - Mark Williams, co-author of *'Mindfulness: Finding Peace in a Frantic World'*, on *'The Things You Can See'* 'A remarkable gift, a compendium of practical wisdom. It is accessible brilliance' - Allan Lokos, founder and guiding teacher, Community Meditation Center, NYC, on *'The Things You Can See'*

The Ruthless Elimination of Hurry John Mark Comer, 2019-10-29 ECPA BESTSELLER • A compelling emotional and

spiritual case against hurry and in favor of a slower, simpler way of life “As someone all too familiar with ‘hurry sickness,’ I desperately needed this book.”—Scott Harrison, New York Times best-selling author of *Thirst* “Who am I becoming?” That was the question nagging pastor and author John Mark Comer. Outwardly, he appeared successful. But inwardly, things weren’t pretty. So he turned to a trusted mentor for guidance and heard these words: “Ruthlessly eliminate hurry from your life. Hurry is the great enemy of the spiritual life.” It wasn’t the response he expected, but it was—and continues to be—the answer he needs. Too often we treat the symptoms of toxicity in our modern world instead of trying to pinpoint the cause. A growing number of voices are pointing at hurry, or busyness, as a root of much evil. Within the pages of this book, you’ll find a fascinating roadmap to staying emotionally healthy and spiritually alive in the chaos of the modern world.

To Bless the Space Between Us John O’Donohue, 2008-03-04 From the author of the bestselling *Anam Cara* comes a beautiful collection of blessings to help readers through both the everyday and the extraordinary events of their lives. John O’Donohue, Irish teacher and poet, has been widely praised for his gift of drawing on Celtic spiritual traditions to create words of inspiration and wisdom for today. In *To Bless the Space Between Us*, his compelling blend of elegant, poetic language and spiritual insight offers readers comfort and encouragement on their journeys through life. O’Donohue looks at life’s thresholds—getting married, having children, starting a new job—and offers invaluable guidelines for making the transition from a known, familiar world into a new, unmapped territory. Most profoundly, however, O’Donohue explains “blessing” as a way of life, as a lens through which the whole world is transformed. O’Donohue awakens readers to timeless truths and shows the power they have to answer contemporary dilemmas and ease us through periods of 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 Brooke McAlary, 2017-08-23 From the creator of the award-winning *Slow Home* podcast comes *Slow* the perfect companion on the long road to living a simpler and more fulfilled life. ‘Dear Mr & Mrs Jones, I am writing to inform you of my withdrawal from the race to keep up with you . . .’ Once upon a time, Brooke McAlary thought she was close to having it all. Married to a wonderful man, mother to a lively young daughter, and pregnant for a second time, she’d acquired all the things she’d once thought important - holidays, cars, a renovated home. Yet despite this, she found herself utterly despondent. Realising that they wanted a simpler, more fulfilling existence, Brooke and her family gradually created their own way of living, with an emphasis on depth, connection and experiences. In *Slow* Brooke gently encourages you to find pleasure and value in a simpler life, sharing the practical tips and rituals that have helped her on her own journey, from decluttering to de-owning, messiness to mindfulness, from asking why to asking where to now? Part memoir, part practical companion, *Slow* provides a fascinating insight into the benefits of slowing down. It will inspire you to forget about the Joneses and create a life filled with the things that really matter to you . . . slowly, of course.

The Slow Regard of Silent Things Patrick Rothfuss,2016-11-10 Renowned as a bastion of knowledge, the University draws the brightest minds to unravel the mysteries of enlightened sciences, such as artificing and alchemy. Yet deep below its bustling halls lies a complex web of abandoned rooms and ancient passageways. In the heart of this cavernous maze is a young woman named Auri, who calls this Underthing her home. Formerly a student at the University, Auri now spends her days tending to the world around her. She knows that some mysteries are better settled and safe. No longer fooled by the sharp rationality so trusted by those above her, Auri sees beyond the surface of things, into subtle dangers and hidden names. At once joyous and haunting, *The Slow Regard of Silent Things* is a richly atmospheric and lyrical tale, featuring one of the most beloved characters from Rothfuss' acclaimed fantasy series.

When Things Fall Apart Pema Chödrön,2005-01-11 Describes a traditional Buddhist approach to suffering and how embracing the painful situation and using communication, negative habits, and challenging experiences leads to emotional growth and happiness.

Quote the World Forevermore AYDI the Watcher ,2022-09-19 Why do I call myself AYDI the Watcher? That's a good question. I call myself that because I observe our world and the way we interact as humans. Years and years of these observations led me to read up on Psychology, politics and human relations. I listened to many prominent psychologists and therapists to hone my ideas, and the result is this book. Now, this is not a traditional book that delves into the subject matters mentioned above, but a collection of inspiring and thought-provoking quotes fleshed out with my thoughts and feelings, these thoughts and feelings touching on human psychology and behaviour. Some of these quotes were taken from my Facebook page, The Watcher (@AYDItheWatcher) and expanded upon and new ones were added to convey my thoughts on this world that we live in and how hierarchies and human structures affect our daily lives. My goal is to get people thinking and see different perspectives, and protect themselves from harm and manipulation. I hope this goal is achieved and your minds are unlocked. The freer the minds, the better the world.

The Slow Down Diet Marc David,2015-08-14 A revolutionary approach to enhancing metabolism that enables lasting weight loss and facilitates spiritual well-being • Presents an eight-week weight-loss program • Explains how relaxed eating stimulates metabolic function and how stress hormones encourage weight gain • Shows how fully enjoying each meal is the optimal way to a healthy body Our modern culture revolves around fitting as much as possible into the least amount of time. As a result, most people propel themselves through life at a dizzying pace that is contrary to a healthy lifestyle. We eat fast, on the run, and often under stress, not only removing most of the pleasure we might derive from our food and creating digestive upset but also wreaking havoc on our metabolism. Many of us come to the end of a day feeling undernourished, uninspired, and overweight. In this 10th anniversary edition, Marc David presents a new way to understand our relationship to food, focusing on quality and the pleasure of eating to transform and improve metabolism. Citing cutting-edge research on

body biochemistry as well as success stories from his own nutritional counseling practice, he shows that we are creatures of body, mind, and spirit and that when we attend to these levels simultaneously we can shed excess pounds, increase energy, and enhance digestion to feel rejuvenated and inspired. He presents an eight-week program that allows readers to explore their unique connection to food, assisting them in letting go of their fears, guilt, and old habits so they can learn to treat their bodies in a dignified and caring way. He reveals the shortcomings of all quick-fix digestive aids and fad diets and debunks common nutrition myths, such as “the right way to lose weight is to eat less and exercise more.” He shows instead how to decrease cortisol and other stress hormones and boost metabolic power through proper breathing and nutritional strategies that nourish both the body and soul, proving that fully enjoying each meal is the optimal way to a healthy body. Drawing on more than 30 years of experience in nutritional medicine, the psychology of eating, and the science of yoga, Marc David offers readers practical tools that will yield life-transforming, sustainable results.

MINDFULNESS FOR BEGINNERS. JON. KABAT ZINN,2017-01-01

Too Busy Not to Pray Bill Hybels,2008-09 Author Bill Hybels offers his practical time-tested ideas on slowing down to pray and broadens our vision for what our God does when we make prayer a priority.

HOW TO WIN FRIENDS & INFLUENCE PEOPLE Dale Carnegie,2023-11-26 Dale Carnegie's 'How to Win Friends & Influence People' is a timeless self-help classic that explores the art of building successful relationships through effective communication. Written in a straightforward and engaging style, Carnegie's book provides practical advice on how to enhance social skills, improve leadership qualities, and achieve personal and professional success. The book is a must-read for anyone looking to navigate social dynamics and connect with others in a meaningful way, making it a valuable resource in today's interconnected world. With anecdotal examples and actionable tips, Carnegie's work resonates with readers of all ages and backgrounds, making it a popular choice for personal development and growth. Carnegie's ability to distill complex social principles into simple, actionable steps sets this book apart as a timeless guide for building lasting relationships and influencing others positively. Readers will benefit from Carnegie's wisdom and insight, gaining valuable tools to navigate social interactions and achieve success in their personal and professional lives.

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