

Read Online Learning To Slow Down

Right here, we have countless ebook **learning to slow down** and collections to check out. We additionally give variant types and with type of the books to browse. The enjoyable book, fiction, history, novel, scientific research, as capably as various supplementary sorts of books are readily to hand here.

As this learning to slow down, it ends occurring living thing one of the favored ebook learning to slow down collections that we have. This is why you remain in the best website to see the incredible book to have.

Learning to Slow Down and Pay Attention - Kathleen G. Nadeau - 2004

Learning to Slow Down and Pay Attention - Kathleen G. Nadeau - 1993
Discusses ADHD in children.

Learning to Slow Down and Pay Attention - Kathleen G. Nadeau - 1993
Discusses ADHD in children.

Slow Down, Tumbleweed! - Haven Iverson - 2021-10-05
Children will see how learning to slow down gives you a chance to notice and appreciate the beauty in the world. In our fast-paced society, children are often missing the value of slowing down. Slow Down, Tumbleweed! is about a wild and roaming tumbleweed who thinks the world is only interesting if you rush through life. Then she gets caught on a fence and is forced to slow down. As she learns to sit in stillness and quiet, Mabel notices the beauty of the world around her—the music of wind chimes, the shapes in the clouds, the long eyelashes of a heifer. She sees there is so much that is interesting and beautiful right here, right now. You don't have to chase it. Slow Down, Tumbleweed! teaches children the importance of slowing down, pausing to take a breath, and cultivating mindfulness. It shows the peace and gratitude you feel when you learn to be calm and open your awareness. This book celebrates all of life—both moving fast and moving slow.

Slow Down, Tumbleweed! - Haven Iverson - 2021-10-05
Children will see how learning to slow down gives you a chance to notice and appreciate the beauty in the world. In our fast-paced society, children are often missing the value of slowing down. Slow Down, Tumbleweed! is about a wild and roaming tumbleweed who thinks the world is only interesting if you rush through life. Then she gets caught on a fence and is forced to slow down. As she learns to sit in stillness and quiet, Mabel notices the beauty of the world around her—the music of wind chimes, the shapes in the clouds, the long eyelashes of a heifer. She sees there is so much that is interesting and beautiful right here, right now. You don't have to chase it. Slow Down, Tumbleweed! teaches children the importance of slowing down, pausing to take a breath, and cultivating mindfulness. It shows the peace and gratitude you feel when you learn to be calm and open your awareness. This book celebrates all of life—both moving fast and moving slow.

The Power of Less - Leo Babauta - 2009-01-01
With the countless distractions that come from every corner of a modern life, it's amazing that we were ever able to accomplish anything. The Power of Less demonstrates how to streamline your life by identifying the essential and eliminating the unnecessary freeing you from everyday clutter and allowing you to focus on accomplishing the goals that can change your life for the better. The Power of Less will show you how to: Break any goal down into manageable tasks Focus on only a few tasks at a time Create new and productive habits Hone your focus Increase your efficiency By setting limits for yourself and making the most of the resources you already have, you'll finally be able work less, work smarter, and focus on living the life that you deserve.

The Power of Less - Leo Babauta - 2009-01-01
With the countless distractions that come from every corner of a modern life, it's amazing that we were ever able to accomplish anything. The Power of Less demonstrates how to streamline your life by identifying the essential and eliminating the unnecessary freeing you from everyday clutter and allowing you to focus on accomplishing the goals that can change your life for the better. The Power of Less will show you how to: Break any goal down into manageable tasks Focus on only a few tasks at a time Create new and productive habits Hone your focus Increase your efficiency By setting limits for yourself and making the most of the resources you already have, you'll finally be able work less, work smarter, and focus on living the life that you deserve.

Learning to Slow Down and Pay Attention - Kathleen G. Nadeau - 2004
Offers guidelines for children with ADHD to help them improve their coping skills, and includes tips and resources for parents.

Offers guidelines for children with ADHD to help them improve their coping skills, and includes tips and resources for parents.

Striker, Slow Down! - Emma Hughes - 2016-10-21
Striker the cat is unstoppable! He thinks that there is too much fun to be had, and no matter what his mama tells him, he never slows down. One day, a bump to the head brings this busy cat to a standstill. Will Striker finally listen to his mama and learn to make time for a little calmness? This charmingly-illustrated picture book for ages 3-6 aims to teach busy children about the benefits of taking time to sit quietly and clear their mind. Touching on the principles of mindfulness, it provides the perfect introduction to the differing feelings of chaos and calm and encourages children to find balance in their increasingly busy lives.

Striker, Slow Down! - Emma Hughes - 2016-10-21
Striker the cat is unstoppable! He thinks that there is too much fun to be had, and no matter what his mama tells him, he never slows down. One day, a bump to the head brings this busy cat to a standstill. Will Striker finally listen to his mama and learn to make time for a little calmness? This charmingly-illustrated picture book for ages 3-6 aims to teach busy children about the benefits of taking time to sit quietly and clear their mind. Touching on the principles of mindfulness, it provides the perfect introduction to the differing feelings of chaos and calm and encourages children to find balance in their increasingly busy lives.

Slow Looking - Shari Tishman - 2017-10-12
Slow Looking provides a robust argument for the importance of slow looking in learning environments both general and specialized, formal and informal, and its connection to major concepts in teaching, learning, and knowledge. A museum-originated practice increasingly seen as holding wide educational benefits, slow looking contends that patient, immersive attention to content can produce active cognitive opportunities for meaning-making and critical thinking that may not be possible through high-speed means of information delivery. Addressing the multi-disciplinary applications of this purposeful behavioral practice, this book draws examples from the visual arts, literature, science, and everyday life, using original, real-world scenarios to illustrate the complexities and rewards of slow looking.

Slow Looking - Shari Tishman - 2017-10-12
Slow Looking provides a robust argument for the importance of slow looking in learning environments both general and specialized, formal and informal, and its connection to major concepts in teaching, learning, and knowledge. A museum-originated practice increasingly seen as holding wide educational benefits, slow looking contends that patient, immersive attention to content can produce active cognitive opportunities for meaning-making and critical thinking that may not be possible through high-speed means of information delivery. Addressing the multi-disciplinary applications of this purposeful behavioral practice, this book draws examples from the visual arts, literature, science, and everyday life, using original, real-world scenarios to illustrate the complexities and rewards of slow looking.

In Praise of Slow - Carl Honore - 2009-06-12
In the tradition of such trailblazing books as No Logo and The Tipping Point, In Praise of Slow heralds a growing international movement of people dedicated to slowing down the pace of our contemporary times and enjoying a richer, fuller life as a result. These days, almost everyone complains about the hectic pace of their lives. We live in a world where speed rules and everyone is under pressure to go faster. But when speed is king, anyone or anything that gets in our way, that slows us down, becomes an enemy. Thanks to speed, we are living in the age of rage. Carl Honore has discovered a movement that is quickly working its way into the mainstream. Groups of people are developing a recipe for living better in a fast-paced, modern environment by striving for a new balance between fast and slow. In an entertaining and hands-on investigation of this new movement, Honore takes us from a Tantric sex workshop in a trendy neighbourhood in London, England to Bra, Italy, the home of the Slow Food, Slow Cities and Slow Sex movements. He examines how we can continue to live productive lives by

slowing down, pausing to take a breath, and cultivating mindfulness. It of speed, as well as a corrective look at how we can approach our lives with new understanding, In Praise of Slow uncovers a movement whose time has come.

In Praise of Slow - Carl Honore - 2009-06-12

In the tradition of such trailblazing books as No Logo and The Tipping Point, In Praise of Slow heralds a growing international movement of people dedicated to slowing down the pace of our contemporary times and enjoying a richer, fuller life as a result. These days, almost everyone complains about the hectic pace of their lives. We live in a world where speed rules and everyone is under pressure to go faster. But when speed is king, anyone or anything that gets in our way, that slows us down, becomes an enemy. Thanks to speed, we are living in the age of rage. Carl Honore has discovered a movement that is quickly working its way into the mainstream. Groups of people are developing a recipe for living better in a fast-paced, modern environment by striving for a new balance between fast and slow. In an entertaining and hands-on investigation of this new movement, Honore takes us from a Tantric sex workshop in a trendy neighbourhood in London, England to Bra, Italy, the home of the Slow Food, Slow Cities and Slow Sex movements. He examines how we can continue to live productive lives by embracing the tenets of the slow movement. A challenging take on the cult of speed, as well as a corrective look at how we can approach our lives with new understanding, In Praise of Slow uncovers a movement whose time has come.

Learning to Slow the F*ck Down - Erica Mortimer - 2018-08-28

Reading Learning to Slow the F*ck Down is like sitting down for a cup of coffee with a good friend. A friend is who is engaging, insightful and playfully irreverent. This book offers a raw and real look at the journey to mindfulness. A licensed mental health clinician, Erica recognizes that many people are afraid of change, of being alone, of living, of loving, of embracing the power within. Erica draws on both her professional and personal experiences to inspire others and provide a guide to inner peace. This is not your average book about meditation, it is more than that. In Learning to Slow the F*ck Down, Erica weaves analogy with insight to show how slowing down and being present can increase your productivity, joy, peace and pleasure. Erica shows how loosening your grip on life will allow you to move from a place of fear to a place of flow.

Learning to Slow the F*ck Down - Erica Mortimer - 2018-08-28

Reading Learning to Slow the F*ck Down is like sitting down for a cup of coffee with a good friend. A friend is who is engaging, insightful and playfully irreverent. This book offers a raw and real look at the journey to mindfulness. A licensed mental health clinician, Erica recognizes that many people are afraid of change, of being alone, of living, of loving, of embracing the power within. Erica draws on both her professional and personal experiences to inspire others and provide a guide to inner peace. This is not your average book about meditation, it is more than that. In Learning to Slow the F*ck Down, Erica weaves analogy with insight to show how slowing down and being present can increase your productivity, joy, peace and pleasure. Erica shows how loosening your grip on life will allow you to move from a place of fear to a place of flow.

Slow Down, Tumbleweed! - Haven Iverson - 2021-10-05

Children will see how learning to slow down gives you a chance to notice and appreciate the beauty in the world. In our fast-paced society, children are often missing the value of slowing down. Slow Down, Tumbleweed! is about a wild and roaming tumbleweed who thinks the world is only interesting if you rush through life. Then she gets caught on a fence and is forced to slow down. As she learns to sit in stillness and quiet, Mabel notices the beauty of the world around her—the music of wind chimes, the shapes in the clouds, the long eyelashes of a heifer. She sees there is so much that is interesting and beautiful right here, right now. You don't have to chase it. Slow Down, Tumbleweed! teaches children the importance of slowing down, pausing to take a breath, and cultivating mindfulness. It shows the peace and gratitude you feel when you learn to be calm and open your awareness. This book celebrates all of life—both moving fast and moving slow.

Slow Down, Tumbleweed! - Haven Iverson - 2021-10-05

Children will see how learning to slow down gives you a chance to notice and appreciate the beauty in the world. In our fast-paced society, children are often missing the value of slowing down. Slow Down, Tumbleweed! is about a wild and roaming tumbleweed who thinks the world is only interesting if you rush through life. Then she gets caught on a fence and is forced to slow down. As she learns to sit in stillness and quiet, Mabel notices the beauty of the world around her—the music of wind chimes, the shapes in the clouds, the long eyelashes of a heifer. She sees there is so much that is interesting and beautiful right here, right now. You don't have to chase it. Slow Down, Tumbleweed! teaches children the importance of

shows the peace and gratitude you feel when you learn to be calm and open your awareness. This book celebrates all of life—both moving fast and moving slow.

Slow Down, Sell Faster! - Kevin Davis - 2011

You already know how to sell. It's time to learn how people buy—to slow down so you can sell faster! --Book Jacket.

Slow Down, Sell Faster! - Kevin Davis - 2011

You already know how to sell. It's time to learn how people buy—to slow down so you can sell faster! --Book Jacket.

Slowing Down to the Speed of Life - Richard Carlson - 2009-10-13

“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.”

Slowing Down to the Speed of Life - Richard Carlson - 2009-10-13

“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.”

The Art of Stillness - Pico Iyer - 2014-11-04

A follow up to Pico Iyer's essay “The Joy of Quiet,” The Art of Stillness considers the unexpected adventure of staying put and reveals a counterintuitive truth: The more ways we have to connect, the more we seem desperate to unplug. Why might a lifelong traveler like Pico Iyer, who has journeyed from Easter Island to Ethiopia, Cuba to Kathmandu, think that sitting quietly in a room might be the ultimate adventure? Because in our madly accelerating world, our lives are crowded, chaotic and noisy. There's never been a greater need to slow down, tune out and give ourselves permission to be still. In The Art of Stillness—a TED Books release—Iyer investigate the lives of people who have made a life seeking stillness: from Matthieu Ricard, a Frenchman with a PhD in molecular biology who left a promising scientific career to become a Tibetan monk, to revered singer-songwriter Leonard Cohen, who traded the pleasures of the senses for several years of living the near-silent life of meditation as a Zen monk. Iyer also draws on his own experiences as a travel writer to explore why advances in technology are making us more likely to retreat. He reflects that this is perhaps the reason why many people—even those with no religious commitment—seem to be turning to yoga, or meditation, or seeking silent retreats. These aren't New Age fads so much as ways to rediscover the wisdom of an earlier age. Growing trends like observing an “Internet Sabbath”—turning off online connections from Friday night to Monday morning—highlight how increasingly desperate many of us are to unplug and bring stillness into our lives. The Art of Stillness paints a picture of why so many—from Marcel Proust to Mahatma Gandhi to Emily Dickinson—have found richness in stillness. Ultimately, Iyer shows that, in this age of constant movement and connectedness, perhaps staying in one place is a more exciting prospect, and a greater necessity than ever before. In 2013, Pico Iyer gave a blockbuster TED Talk. This lyrical and inspiring book expands on a new idea, offering a way forward for all those feeling affected by the frenetic pace of our modern world.

The Art of Stillness - Pico Iyer - 2014-11-04

A follow up to Pico Iyer's essay “The Joy of Quiet,” The Art of Stillness considers the unexpected adventure of staying put and reveals a counterintuitive truth: The more ways we have to connect, the more we seem desperate to unplug. Why might a lifelong traveler like Pico Iyer, who has journeyed from Easter Island to Ethiopia, Cuba to Kathmandu, think that sitting quietly in a room might be the ultimate adventure? Because in our madly accelerating world, our lives are crowded, chaotic and noisy.

our culture has made anxiety into something it's not. For the majority of ourselves permission to be still. In *The Art of Stillness*—a TED Books release—Iyer investigate the lives of people who have made a life seeking stillness: from Matthieu Ricard, a Frenchman with a PhD in molecular biology who left a promising scientific career to become a Tibetan monk, to revered singer-songwriter Leonard Cohen, who traded the pleasures of the senses for several years of living the near-silent life of meditation as a Zen monk. Iyer also draws on his own experiences as a travel writer to explore why advances in technology are making us more likely to retreat. He reflects that this is perhaps the reason why many people—even those with no religious commitment—seem to be turning to yoga, or meditation, or seeking silent retreats. These aren't New Age fads so much as ways to rediscover the wisdom of an earlier age. Growing trends like observing an "Internet Sabbath"—turning off online connections from Friday night to Monday morning—highlight how increasingly desperate many of us are to unplug and bring stillness into our lives. *The Art of Stillness* paints a picture of why so many—from Marcel Proust to Mahatma Gandhi to Emily Dickinson—have found richness in stillness. Ultimately, Iyer shows that, in this age of constant movement and connectedness, perhaps staying in one place is a more exciting prospect, and a greater necessity than ever before. In 2013, Pico Iyer gave a blockbuster TED Talk. This lyrical and inspiring book expands on a new idea, offering a way forward for all those feeling affected by the frenetic pace of our modern world.

Slow Down Discover Nature in the Park - - 2021-04-29

Bring calm with short stories for little ones

Slow Down Discover Nature in the Park - - 2021-04-29

Bring calm with short stories for little ones

Seven Percent Slower - A Simple Trick For Moving Past Anxiety And Stress - Drew Linsalata - 2021-09-13

Are you speeding up and rushing around when anxious, stressed, or afraid? *Seven Percent Slower* is a friendly, easy-to-read guide to understanding and breaking the speed habit that fuels your anxiety and stress fires. When anxiety, stress, and fear show up, you speed up. The bad news is that this is making things worse for you. The good news is that you can learn to break the speed habit. If you are on a quest to find a calmer, less stressed, and less frantic life, learning to slow down can go a long way toward achieving that goal. *Seven Percent Slower* will help you understand how the fear center in your brain drives your speed habit, why this was a good idea thousands of years ago, and why this is a bad idea in the modern world. The book will teach you how to recognize your speed habits and how to slowly change them over time. *Seven Percent Slower* will help you understand why you may be resistant to slowing down, how slowing down can change your life, and how concepts like mindfulness come into play. Full of practical advice and sprinkled with humor, *Seven Percent Slower* is destined to become a useful addition to your stress management and coping skills toolbox.

Seven Percent Slower - A Simple Trick For Moving Past Anxiety And Stress - Drew Linsalata - 2021-09-13

Are you speeding up and rushing around when anxious, stressed, or afraid? *Seven Percent Slower* is a friendly, easy-to-read guide to understanding and breaking the speed habit that fuels your anxiety and stress fires. When anxiety, stress, and fear show up, you speed up. The bad news is that this is making things worse for you. The good news is that you can learn to break the speed habit. If you are on a quest to find a calmer, less stressed, and less frantic life, learning to slow down can go a long way toward achieving that goal. *Seven Percent Slower* will help you understand how the fear center in your brain drives your speed habit, why this was a good idea thousands of years ago, and why this is a bad idea in the modern world. The book will teach you how to recognize your speed habits and how to slowly change them over time. *Seven Percent Slower* will help you understand why you may be resistant to slowing down, how slowing down can change your life, and how concepts like mindfulness come into play. Full of practical advice and sprinkled with humor, *Seven Percent Slower* is destined to become a useful addition to your stress management and coping skills toolbox.

Redefining Anxiety - John Delony - 2020-11-17

Anxiety is real—but it isn't the end of your story. Dr. John Delony knows what anxiety feels like. He's walked that dark road himself, but he found light and hope on the other side of it. Bringing together his own journey and two decades of counseling and research, he walks you through: The four biggest myths about anxiety and the life-changing truth Practical steps you can take today to start getting your life back Long-term strategies for healing to help you move forward John will show you that most of what you've heard about anxiety is wrong. Things like: If you have anxiety, you're broken and need to be fixed Anxiety is a disease that can only be cured with medicine Anxiety is caused by your genetics While mental health is complex,

people who face anxiety, the truth is simpler than we think: anxiety is an alarm. It's a signal—nothing more and nothing less. Anxiety is simply our body's way of telling us something is wrong. If we stop and listen, we can calm the alarm and move forward into healing and hope.

Redefining Anxiety - John Delony - 2020-11-17

Anxiety is real—but it isn't the end of your story. Dr. John Delony knows what anxiety feels like. He's walked that dark road himself, but he found light and hope on the other side of it. Bringing together his own journey and two decades of counseling and research, he walks you through: The four biggest myths about anxiety and the life-changing truth Practical steps you can take today to start getting your life back Long-term strategies for healing to help you move forward John will show you that most of what you've heard about anxiety is wrong. Things like: If you have anxiety, you're broken and need to be fixed Anxiety is a disease that can only be cured with medicine Anxiety is caused by your genetics While mental health is complex, our culture has made anxiety into something it's not. For the majority of people who face anxiety, the truth is simpler than we think: anxiety is an alarm. It's a signal—nothing more and nothing less. Anxiety is simply our body's way of telling us something is wrong. If we stop and listen, we can calm the alarm and move forward into healing and hope.

The Things You Can See Only When You Slow Down - Haemin Sunim - 2017-02-23

THE TOP 10 INTERNATIONAL BESTSELLER 'Is it the world that's busy, or my mind?' ***** Life moves fast, but that doesn't mean we have to. In this timely guide to mindfulness, Haemin Sunim, a Buddhist monk born in Korea and educated in the United States, offers advice on everything from handling setbacks to dealing with rest and relationships. Combining his teachings with calming full-colour illustrations, Haemin Sunim's simple messages speak directly to the anxieties that have become part of modern life and remind us of the strength and joy that come from slowing down. ***** 'Everyone who wants to thrive more in their life should have it on their nightstand' Arianna Huffington 'Offers practical advice on everything from handling setbacks to relationships. Best for reclaiming your zen' Stylist

The Things You Can See Only When You Slow Down - Haemin Sunim - 2017-02-23

THE TOP 10 INTERNATIONAL BESTSELLER 'Is it the world that's busy, or my mind?' ***** Life moves fast, but that doesn't mean we have to. In this timely guide to mindfulness, Haemin Sunim, a Buddhist monk born in Korea and educated in the United States, offers advice on everything from handling setbacks to dealing with rest and relationships. Combining his teachings with calming full-colour illustrations, Haemin Sunim's simple messages speak directly to the anxieties that have become part of modern life and remind us of the strength and joy that come from slowing down. ***** 'Everyone who wants to thrive more in their life should have it on their nightstand' Arianna Huffington 'Offers practical advice on everything from handling setbacks to relationships. Best for reclaiming your zen' Stylist

Bright Kids Who Can't Keep Up - Ellen Braaten - 2014-07-14

Do you find yourself constantly asking your child to "pick up the pace"? Does he or she seem to take longer than others to get stuff done—whether completing homework, responding when spoken to, or getting dressed and ready in the morning? Drs. Ellen Braaten and Brian Willoughby have worked with thousands of kids and teens who struggle with an area of cognitive functioning called "processing speed," and who are often mislabeled as lazy or unmotivated. Filled with vivid stories and examples, this crucial resource demystifies processing speed and shows how to help kids (ages 5 to 18) catch up in this key area of development. Helpful practical tools can be downloaded and printed in a convenient 8 1/2" x 11" size. Learn how to obtain needed support at school, what to expect from a professional evaluation, and how you can make daily routines more efficient—while promoting your child's social and emotional well-being.

Bright Kids Who Can't Keep Up - Ellen Braaten - 2014-07-14

Do you find yourself constantly asking your child to "pick up the pace"? Does he or she seem to take longer than others to get stuff done—whether completing homework, responding when spoken to, or getting dressed and ready in the morning? Drs. Ellen Braaten and Brian Willoughby have worked with thousands of kids and teens who struggle with an area of cognitive functioning called "processing speed," and who are often mislabeled as lazy or unmotivated. Filled with vivid stories and examples, this crucial resource demystifies processing speed and shows how to help kids (ages 5 to 18) catch up in this key area of development. Helpful practical tools can be downloaded and printed in a convenient 8 1/2" x 11" size. Learn how to obtain needed support at school, what to expect from a professional evaluation, and how you can make daily routines more efficient—while promoting your child's social and emotional well-being.

balance, relieving stress, developing patience, and appreciating the world. A trainer and former triathlete shows you how to achieve the results you want with a new multidisciplinary approach. Why does trying harder sometimes become an exercise in futility? Why does following "expert advice" often lead to little or no improvement? What if there were an efficient way of learning that could be applied to every area of human experience? Drawing from the principles of Bagua, Taichi, and Feldenkrais, Edward Yu presents an innovative approach to running: power, speed, and agility are more related to your ability to sense your own body than to willpower or raw talent. Centering the art of running as an explorative, creative, and somatic-based practice, Yu shows us how to run faster by learning to become more sensible—that is, more sense-able—through the playful and systematic exploration of movement.

Slowing Down to Run Faster - Edward Yu - 2020-06-30

A trainer and former triathlete shows you how to achieve the results you want with a new multidisciplinary approach. Why does trying harder sometimes become an exercise in futility? Why does following "expert advice" often lead to little or no improvement? What if there were an efficient way of learning that could be applied to every area of human experience? Drawing from the principles of Bagua, Taichi, and Feldenkrais, Edward Yu presents an innovative approach to running: power, speed, and agility are more related to your ability to sense your own body than to willpower or raw talent. Centering the art of running as an explorative, creative, and somatic-based practice, Yu shows us how to run faster by learning to become more sensible—that is, more sense-able—through the playful and systematic exploration of movement.

Learning to Improve - Anthony S. Bryk - 2015-03-01

As a field, education has largely failed to learn from experience. Time after time, promising education reforms fall short of their goals and are abandoned as other promising ideas take their place. In *Learning to Improve*, the authors argue for a new approach. Rather than "implementing fast and learning slow," they believe educators should adopt a more rigorous approach to improvement that allows the field to "learn fast to implement well." Using ideas borrowed from improvement science, the authors show how a process of disciplined inquiry can be combined with the use of networks to identify, adapt, and successfully scale up promising interventions in education. Organized around six core principles, the book shows how "networked improvement communities" can bring together researchers and practitioners to accelerate learning in key areas of education. Examples include efforts to address the high rates of failure among students in community college remedial math courses and strategies for improving feedback to novice teachers. *Learning to Improve* offers a new paradigm for research and development in education that promises to be a powerful driver of improvement for the nation's schools and colleges.

Learning to Improve - Anthony S. Bryk - 2015-03-01

As a field, education has largely failed to learn from experience. Time after time, promising education reforms fall short of their goals and are abandoned as other promising ideas take their place. In *Learning to Improve*, the authors argue for a new approach. Rather than "implementing fast and learning slow," they believe educators should adopt a more rigorous approach to improvement that allows the field to "learn fast to implement well." Using ideas borrowed from improvement science, the authors show how a process of disciplined inquiry can be combined with the use of networks to identify, adapt, and successfully scale up promising interventions in education. Organized around six core principles, the book shows how "networked improvement communities" can bring together researchers and practitioners to accelerate learning in key areas of education. Examples include efforts to address the high rates of failure among students in community college remedial math courses and strategies for improving feedback to novice teachers. *Learning to Improve* offers a new paradigm for research and development in education that promises to be a powerful driver of improvement for the nation's schools and colleges.

1,001 Ways to Slow Down - Barbara Ann Kipfer - 2017

This irresistible list book from National Geographic provides lighthearted quick hits of inspiration for those of us who feel overwhelmed—which is to say, all of us. Musings, activity suggestions, and illuminating quotes are paired with whimsical art on themes such as living in the moment, achieving balance, relieving stress, developing patience, and appreciating the world around us. "Slow living" sidebars, such as "Foods to Cook Slowly" and "Things to Do the Old-Fashioned Way," are interspersed throughout the book.

1,001 Ways to Slow Down - Barbara Ann Kipfer - 2017

This irresistible list book from National Geographic provides lighthearted quick hits of inspiration for those of us who feel overwhelmed—which is to say, all of us. Musings, activity suggestions, and illuminating quotes are paired with whimsical art on themes such as living in the moment, achieving

around us. "Slow living" sidebars, such as "Foods to Cook Slowly" and "Things to Do the Old-Fashioned Way," are interspersed throughout the book.

Slow - Brooke McAlary - 2018-07-10

Free yourself from the frantic and embrace the joy of slow. "After reading this book, you'll have an amazing list of ingredients that can help you create a meaningful life, too!" —The Minimalists Joshua Fields Millburn and Ryan Nicodemus "Finally, a slow living guide for the imperfect folks . . . Brooke McAlary's exuberant, honest words are a refreshing contribution to the slow living community. If you're seeking a simpler path, start here." —Erin Loechner, Blogger at DesignforMankind.com and author of *Chasing Slow* Are you constantly striving to keep up with life's busy expectations? It's easy to feel consumed with the desire to "succeed" and "acquire", and miss the simple opportunities waiting for you to slow down: a walk in the forest, sharing laughter with family, a personal moment of gratitude. Once upon a time, it became clear to Brooke McAlary that the key to happiness was discovering 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. Alongside Brooke's affirming personal stories of breaking down and rising up, *Slow* provides practical advice and fascinating insights into the benefits and challenges of the slow life, such as: —Decluttering to de-owning —Messiness to mindfulness —Asking why, to asking where to now? *Slow* is an inspirational guide on creating a life filled with the things that really matter, and is meant for anyone seeking peace, meaning, and joy in their otherwise rapid lives. Slowly—of course.

Slow - Brooke McAlary - 2018-07-10

Free yourself from the frantic and embrace the joy of slow. "After reading this book, you'll have an amazing list of ingredients that can help you create a meaningful life, too!" —The Minimalists Joshua Fields Millburn and Ryan Nicodemus "Finally, a slow living guide for the imperfect folks . . . Brooke McAlary's exuberant, honest words are a refreshing contribution to the slow living community. If you're seeking a simpler path, start here." —Erin Loechner, Blogger at DesignforMankind.com and author of *Chasing Slow* Are you constantly striving to keep up with life's busy expectations? It's easy to feel consumed with the desire to "succeed" and "acquire", and miss the simple opportunities waiting for you to slow down: a walk in the forest, sharing laughter with family, a personal moment of gratitude. Once upon a time, it became clear to Brooke McAlary that the key to happiness was discovering 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. Alongside Brooke's affirming personal stories of breaking down and rising up, *Slow* provides practical advice and fascinating insights into the benefits and challenges of the slow life, such as: —Decluttering to de-owning —Messiness to mindfulness —Asking why, to asking where to now? *Slow* is an inspirational guide on creating a life filled with the things that really matter, and is meant for anyone seeking peace, meaning, and joy in their otherwise rapid lives. Slowly—of course.

Motion - Darlene R. Stille - 2004

Learn how things get moving and what makes them stop.

Motion - Darlene R. Stille - 2004

Learn how things get moving and what makes them stop.

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 the international 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

book about how to recognize the roots of your anxiety and anger, process it 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.

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 the international 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.

The Smart Classroom Management Way - Michael Linsin - 2019-05-03

The Smart Classroom Management Way is a collection of the very best writing from ten years of Smart Classroom Management (SCM). It isn't, however, simply a random mix of popular articles. It's a comprehensive work that encompasses every principle, theme, and methodology of the SCM approach. The book is laid out across six major areas of classroom management and includes the most pressing issues, problems, and concerns shared by all teachers. The underlying SCM themes of accountability, maturity, independence, personal responsibility, and intrinsic motivation are all there and weave their way throughout the entirety of the book. Together, they form a simple, unique, and sometimes contrarian approach to classroom management that anyone can do. Whether you're an elementary, middle, or high school teacher, *The Smart Classroom Management Way* will give you the strategies, skills, and know-how to turn any group of students into the motivated, well-behaved class you love teaching.

The Smart Classroom Management Way - Michael Linsin - 2019-05-03

The Smart Classroom Management Way is a collection of the very best writing from ten years of Smart Classroom Management (SCM). It isn't, however, simply a random mix of popular articles. It's a comprehensive work that encompasses every principle, theme, and methodology of the SCM approach. The book is laid out across six major areas of classroom management and includes the most pressing issues, problems, and concerns shared by all teachers. The underlying SCM themes of accountability, maturity, independence, personal responsibility, and intrinsic motivation are all there and weave their way throughout the entirety of the book. Together, they form a simple, unique, and sometimes contrarian approach to classroom management that anyone can do. Whether you're an elementary, middle, or high school teacher, *The Smart Classroom Management Way* will give you the strategies, skills, and know-how to turn any group of students into the motivated, well-behaved class you love teaching.

Love Slows Down - Joel Malm - 2020-09-01

You know what you want in life. You want to be loved and appreciated. You want to achieve your dreams. But, for most of us, our quest to fulfill our dreams of love and appreciation ends up being filled with blocked goals, anger, frustration, and anxiety. What if getting what you really want comes from doing something completely counter-intuitive? *Love Slows Down* is a book about how to recognize the roots of your anxiety and anger, process it in a healthy way, and put it to work for you instead of against you.

Love Slows Down - Joel Malm - 2020-09-01

You know what you want in life. You want to be loved and appreciated. You want to achieve your dreams. But, for most of us, our quest to fulfill our dreams of love and appreciation ends up being filled with blocked goals, anger, frustration, and anxiety. What if getting what you really want comes from doing something completely counter-intuitive? *Love Slows Down* is a

in a healthy way, and put it to work for you instead of against you.

Riding the Bus with My Sister - Rachel Simon - 2013-03-05

A "heartwarming, life-affirming" memoir of a relationship with an intellectually disabled sibling: "Read this book. It might just change your life" (Boston Herald). Beth is a spirited woman with an intellectual disability who lives intensely and often joyfully, and spends most of her days riding the buses in Pennsylvania. The drivers, a lively group, are her mentors; her fellow passengers, her community—though some display less patience or kindness than others. Her sister, Rachel, a teacher and writer, camouflages her emotional isolation by leading a hyperbusy life. But one day, Beth asks Rachel to accompany her on public transportation for an entire year—and Rachel accepts. This wise, funny, deeply affecting book is the chronicle of that remarkable time, as Rachel learns how to live in the moment, how to pay attention to what really matters, how to change, how to love—and how to slow down and enjoy the ride. Weaving in anecdotes and memories of terrifying maternal abandonment, fierce sisterly loyalty, and astonishing forgiveness, Rachel Simon brings to light a world that is almost invisible to many people, finds unlikely heroes in everyday life, and, without sentimentality, wrestles with her own limitations and portrays Beth as the endearing, feisty, independent person she is. "With tenderness and fury, heartbreak and acceptance . . . Simon comes to the inescapable conclusion that we are all riders on the bus, and on the bus we are all the same." —Jacquelyn Mitchard, author of *The Deep End of the Ocean*

Riding the Bus with My Sister - Rachel Simon - 2013-03-05

A "heartwarming, life-affirming" memoir of a relationship with an intellectually disabled sibling: "Read this book. It might just change your life" (Boston Herald). Beth is a spirited woman with an intellectual disability who lives intensely and often joyfully, and spends most of her days riding the buses in Pennsylvania. The drivers, a lively group, are her mentors; her fellow passengers, her community—though some display less patience or kindness than others. Her sister, Rachel, a teacher and writer, camouflages her emotional isolation by leading a hyperbusy life. But one day, Beth asks Rachel to accompany her on public transportation for an entire year—and Rachel accepts. This wise, funny, deeply affecting book is the chronicle of that remarkable time, as Rachel learns how to live in the moment, how to pay attention to what really matters, how to change, how to love—and how to slow down and enjoy the ride. Weaving in anecdotes and memories of terrifying maternal abandonment, fierce sisterly loyalty, and astonishing forgiveness, Rachel Simon brings to light a world that is almost invisible to many people, finds unlikely heroes in everyday life, and, without sentimentality, wrestles with her own limitations and portrays Beth as the endearing, feisty, independent person she is. "With tenderness and fury, heartbreak and acceptance . . . Simon comes to the inescapable conclusion that we are all riders on the bus, and on the bus we are all the same." —Jacquelyn Mitchard, author of *The Deep End of the Ocean*

Slowdown - Danny Dorling - 2020-03-31

The end of our high-growth world was underway well before COVID-19 arrived. In this powerful and timely argument, Danny Dorling demonstrates the benefits of a larger, ongoing societal slowdown. Drawing from an incredibly rich trove of global data, this groundbreaking book reveals that human progress has been slowing down since the early 1970s. Danny Dorling uses compelling visualizations to illustrate how fertility rates, growth in GDP per person, and even the frequency of new social movements have all steadily declined over the last few generations. Perhaps most surprising of all is the fact that even as new technologies frequently reshape our everyday lives and are widely believed to be propelling our civilization into new and uncharted waters, the rate of technological progress is also rapidly dropping. Rather than lament this turn of events, Dorling embraces it as a moment of promise and a move toward stability, and he notes that many of the older great strides in progress that have defined recent history also brought with them widespread warfare, divided societies, and massive inequality.

Slowdown - Danny Dorling - 2020-03-31

The end of our high-growth world was underway well before COVID-19 arrived. In this powerful and timely argument, Danny Dorling demonstrates the benefits of a larger, ongoing societal slowdown. Drawing from an incredibly rich trove of global data, this groundbreaking book reveals that human progress has been slowing down since the early 1970s. Danny Dorling uses compelling visualizations to illustrate how fertility rates, growth in GDP per person, and even the frequency of new social movements have all steadily declined over the last few generations. Perhaps most surprising of all is the fact that even as new technologies frequently reshape our everyday lives and are widely believed to be propelling our civilization into new and uncharted waters, the rate of technological progress is also rapidly dropping. Rather than lament this turn of events, Dorling embraces it as a moment of promise and a move toward stability, and he notes that

anger, worry, and sadness. The lowdown on medicine many kids take for also brought with them widespread warfare, divided societies, and massive inequality.

Speed - Stephanie Brown - 2014

A psychologist and addiction expert explains how the fast-past culture of technology and 24-hour connectivity is stressful and damaging, why faster isn't always better and offers a plan to slow down, reconnect with oneself and accept human limitations. Original. 50,000 first printing.

Speed - Stephanie Brown - 2014

A psychologist and addiction expert explains how the fast-past culture of technology and 24-hour connectivity is stressful and damaging, why faster isn't always better and offers a plan to slow down, reconnect with oneself and accept human limitations. Original. 50,000 first printing.

Slow Professor - Maggie Berg - 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 Professor - Maggie Berg - 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.

Another Science is Possible - Isabelle Stengers - 2018-01-16

Like fast food, fast science is quickly prepared, not particularly good, and it clogs up the system. Efforts to tackle our most pressing issues have been stymied by conflict within the scientific community and mixed messages symptomatic of a rushed approach. What is more, scientific research is being shaped by the bubbles and crashes associated with economic speculation and the market. A focus on conformism, competitiveness, opportunism and flexibility has made it extremely difficult to present cases of failure to the public, for fear that it will lose confidence in science altogether. In this bold new book, distinguished philosopher Isabelle Stengers shows that research is deeply intertwined with broader social interests, which means that science cannot race ahead in isolation but must learn instead to slow down. Stengers offers a path to an alternative science, arguing that researchers should stop seeing themselves as the 'thinking, rational brain of humanity' and refuse to allow their expertise to be used to shut down the concerns of the public, or to spread the belief that scientific progress is inevitable and will resolve all of society's problems. Rather, science must engage openly and honestly with an intelligent public and be clear about the kind of knowledge it is capable of producing. This timely and accessible book will be of great interest to students, scholars and policymakers in a wide range of fields, as well anyone concerned with the role of science and its future.

Another Science is Possible - Isabelle Stengers - 2018-01-16

Like fast food, fast science is quickly prepared, not particularly good, and it clogs up the system. Efforts to tackle our most pressing issues have been stymied by conflict within the scientific community and mixed messages symptomatic of a rushed approach. What is more, scientific research is being shaped by the bubbles and crashes associated with economic speculation and the market. A focus on conformism, competitiveness, opportunism and flexibility has made it extremely difficult to present cases of failure to the public, for fear that it will lose confidence in science altogether. In this bold new book, distinguished philosopher Isabelle Stengers shows that research is deeply intertwined with broader social interests, which means that science cannot race ahead in isolation but must learn instead to slow down. Stengers offers a path to an alternative science, arguing that researchers should stop seeing themselves as the 'thinking, rational brain of humanity' and refuse to allow their expertise to be used to shut down the concerns of the public, or to spread the belief that scientific progress is inevitable and will resolve all of society's problems. Rather, science must engage openly and honestly with an intelligent public and be clear about the kind of knowledge it is capable of producing. This timely and accessible book will be of great interest to students, scholars and policymakers in a wide range of fields, as well anyone concerned with the role of science and its future.

The Survival Guide for Kids With Add Or ADHD - F. Taylor, Ph.d. - 2009-08-05

Do you have a hard time paying attention or staying still? Do you sometimes get yelled at for talking in class or moving around? Do you often zone out? Lose assignments? Fall behind in school? Have trouble controlling your behavior? Maybe you have ADD or ADHD. These are labels grown-ups use to understand and help kids with these types of challenges. If you've been labeled ADD or ADHD, this book is for you. Look inside to find: What ADD and ADHD mean - and don't mean. Ways to make each day go better at home, at school, and with friends. How to deal with strong feelings like

ADD or ADHD. The dish on foods that can help you manage your ADD or ADHD. Fun quizzes that will help you remember what you're learning. And much more This book was written especially for you. But you might want to share it with a parent or another caring adult. Talk it over together and try some of the activities. Meanwhile, know you're not alone. Lots of kids have ADD or ADHD. With a little effort, they have learned to succeed. So can you!

The Survival Guide for Kids With Add Or ADHD - F. Taylor, Ph.d. - 2009-08-05

Do you have a hard time paying attention or staying still? Do you sometimes get yelled at for talking in class or moving around? Do you often zone out? Lose assignments? Fall behind in school? Have trouble controlling your behavior? Maybe you have ADD or ADHD. These are labels grown-ups use to understand and help kids with these types of challenges. If you've been labeled ADD or ADHD, this book is for you. Look inside to find: What ADD and ADHD mean - and don't mean. Ways to make each day go better at home, at school, and with friends. How to deal with strong feelings like anger, worry, and sadness. The lowdown on medicine many kids take for ADD or ADHD. The dish on foods that can help you manage your ADD or ADHD. Fun quizzes that will help you remember what you're learning. And much more This book was written especially for you. But you might want to share it with a parent or another caring adult. Talk it over together and try some of the activities. Meanwhile, know you're not alone. Lots of kids have ADD or ADHD. With a little effort, they have learned to succeed. So can you!

God Isn't in a Hurry - Warren W. Wiersbe - 1994-07-01

Encourages believers to develop patience and to rest in the Lord through life's trials. A compilation of Wiersbe's writings in *Back to the Bible* magazine.

God Isn't in a Hurry - Warren W. Wiersbe - 1994-07-01

Encourages believers to develop patience and to rest in the Lord through life's trials. A compilation of Wiersbe's writings in *Back to the Bible* magazine.

Slow Down - Rachel Williams - 2020-09-01

Slow down to watch 50 nature stories that command calm and foster mindfulness All around us, nature is working wonders. Every day, hour by hour, magical transformations happen right in front of you. But it's not always easy to see them . . . In this beautiful illustrated collection, 50 moments in nature are paused for you to watch them in detail. Then you should go outside, and explore, and see what you find when you take the time to slow down. Gorgeously illustrated, this charming collection celebrates the small wonders happening all around us every day.

Slow Down - Rachel Williams - 2020-09-01

Slow down to watch 50 nature stories that command calm and foster mindfulness All around us, nature is working wonders. Every day, hour by hour, magical transformations happen right in front of you. But it's not always easy to see them . . . In this beautiful illustrated collection, 50 moments in nature are paused for you to watch them in detail. Then you should go outside, and explore, and see what you find when you take the time to slow down. Gorgeously illustrated, this charming collection celebrates the small wonders happening all around us every day.

Slow Down and Lighten Up - Bob Van Oosterhout - 2016-04-28

What would it be like to be stress-free? Learn how to restore balance to body, mind and emotions by applying three principles that are consistently effective in preventing stress and solving problems. You'll understand how it works in clear, simple terms and enjoy reading stories and personal experiences from 40 years of counseling and teaching.

Slow Down and Lighten Up - Bob Van Oosterhout - 2016-04-28

What would it be like to be stress-free? Learn how to restore balance to body, mind and emotions by applying three principles that are consistently effective in preventing stress and solving problems. You'll understand how it works in clear, simple terms and enjoy reading stories and personal experiences from 40 years of counseling and teaching.

Time Warped - Claudia Hammond - 2012-08-15

We are obsessed with time. However hard we might try, it is almost impossible to spend even one day without the marker of a clock. But how much do we understand about time, and is it possible to retrain our brains and improve our relationship with it? Drawing on the latest research from the fields of psychology, neuroscience, and biology, and using original research on the way memory shapes our understanding of time, acclaimed writer and broadcaster Claudia Hammond delves into the mysteries of time perception. Along the way, she introduces us to an extraordinary array of colourful characters willing to go to great lengths in the interests of research, such as the French speleologist Michel, who spends two months in an ice cave in complete darkness. *Time Warped* shows us how to manage

the future with more accuracy, and, ultimately, use the warping of time to our own advantage.

Time Warped - Claudia Hammond - 2012-08-15

We are obsessed with time. However hard we might try, it is almost impossible to spend even one day without the marker of a clock. But how much do we understand about time, and is it possible to retrain our brains and improve our relationship with it? Drawing on the latest research from the fields of psychology, neuroscience, and biology, and using original research on the way memory shapes our understanding of time, acclaimed writer and broadcaster Claudia Hammond delves into the mysteries of time perception. Along the way, she introduces us to an extraordinary array of colourful characters willing to go to great lengths in the interests of research, such as the French speleologist Michel, who spends two months in an ice cave in complete darkness. Time Warped shows us how to manage our time more efficiently, speed time up and slow it down at will, plan for the future with more accuracy, and, ultimately, use the warping of time to our own advantage.

The Contentment Journal - Rachel Cruze - 2019-04-02

Journal your way to contentment in just 90 days. #1 New York Times best-selling author Rachel Cruze guides you on a 90-day journey toward contentment—one where you actually love your life and not someone else's. Let's be honest: We've all compared ourselves to others. You scroll through social media and see someone's latest vacation and think, "Must be nice" Just like that, you feel like your life isn't good enough. Rachel knows the struggle is real because she's experienced the same thing. So, she created a 90-day journal to help you stop comparing your life to others and be happier than you've ever been. The Contentment Journal is divided into 30-day increments: The first 30 days focus on gratitude - where you'll recognize the blessings in your life. The next 30 days focus on humility - where you'll think of others more and of yourself a little less. The last 30 days focus on contentment - where you'll be happy for others and not want what they have. Study after study backs up that your relationships, health, decision-making skills, kindness, and even sleep can get better with gratitude. The Contentment Journal will help you grow and change in ways you can't yet imagine. Through personal stories and daily writing prompts, Rachel will guide you day by day, week by week to feeling more thankful. Motivational quotes and reflection pages will encourage you to keep going! If you give Rachel 5-10 minutes a day for 90 days, she'll help you adjust your whole outlook, so you avoid the comparisons and experience lasting contentment.

The Contentment Journal - Rachel Cruze - 2019-04-02

Journal your way to contentment in just 90 days. #1 New York Times best-selling author Rachel Cruze guides you on a 90-day journey toward contentment—one where you actually love your life and not someone else's. Let's be honest: We've all compared ourselves to others. You scroll through social media and see someone's latest vacation and think, "Must be nice" Just like that, you feel like your life isn't good enough. Rachel knows the struggle is real because she's experienced the same thing. So, she created a 90-day journal to help you stop comparing your life to others and be happier than you've ever been. The Contentment Journal is divided into 30-day increments: The first 30 days focus on gratitude - where you'll recognize the blessings in your life. The next 30 days focus on humility - where you'll think of others more and of yourself a little less. The last 30 days focus on contentment - where you'll be happy for others and not want what they have. Study after study backs up that your relationships, health, decision-making skills, kindness, and even sleep can get better with gratitude. The Contentment Journal will help you grow and change in ways you can't yet imagine. Through personal stories and daily writing prompts, Rachel will guide you day by day, week by week to feeling more thankful. Motivational quotes and reflection pages will encourage you to keep going! If you give Rachel 5-10 minutes a day for 90 days, she'll help you adjust your whole outlook, so you avoid the comparisons and experience lasting contentment.

Slow Down to Speed Up - Liz Bywater - 2017-11-08

Slow Down to Speed Up: Lead, Succeed, and Thrive in a 24/7 World is a powerful new resource for leaders from the C-Suite to the front line. Filled with innovative new approaches, pragmatic tools, and real-life success stories, this book tackles the universal challenge of getting better, faster, more sustainable results in a world of nonstop demands and constant connectivity. This book provides the concepts and tools to help leaders successfully strategize, prioritize, lead with purpose, find balance, and gain a competitive edge in today's fast-paced business environment. Based on Dr. Liz Bywater's 20 years of professional experience helping individuals, teams, and organizations thrive, the book contains real-world illustrations of the challenges faced by today's business leaders. Beyond that, it provides actionable guidance to help readers make the best decisions, create a proactive, future-focused work culture, catapult individual and team performance, and lead extraordinarily successful organizations.

Slow Down to Speed Up - Liz Bywater - 2017-11-08

Slow Down to Speed Up: Lead, Succeed, and Thrive in a 24/7 World is a powerful new resource for leaders from the C-Suite to the front line. Filled with innovative new approaches, pragmatic tools, and real-life success stories, this book tackles the universal challenge of getting better, faster, more sustainable results in a world of nonstop demands and constant connectivity. This book provides the concepts and tools to help leaders successfully strategize, prioritize, lead with purpose, find balance, and gain a competitive edge in today's fast-paced business environment. Based on Dr. Liz Bywater's 20 years of professional experience helping individuals, teams, and organizations thrive, the book contains real-world illustrations of the challenges faced by today's business leaders. Beyond that, it provides actionable guidance to help readers make the best decisions, create a proactive, future-focused work culture, catapult individual and team performance, and lead extraordinarily successful organizations.

The Anxious Truth : A Step-By-Step Guide To Understanding and Overcoming Panic, Anxiety, and Agoraphobia - Drew Linsalata - 2020-06-10

You're anxious all the time, experiencing panic attacks over and over, and maybe afraid to leave your house or to be left alone for even a few minutes.. You are avoiding simple things like driving, eating in restaurants, attending family functions, or going to the supermarket. You are terrified of the next wave of anxiety or the next panic attack. Your anxiety problems are ruining your relationships, your family life, and your career. Your anxiety problems have you afraid, confused, lost, and feeling hopeless. How did you get here? What went wrong? You've tried so many things, but nothing has cured your anxiety? What can you do now? The Anxious Truth is a step-by-step guide to understanding and overcoming the anxiety problems that have plagued you for so long. This book, written by a former anxiety sufferer, best-selling author of "An Anxiety Story", and host of the The Anxious Truth podcast will walk you through exactly how you got to where you are today, why you are not broken or ill, and what the true nature of your anxiety disorder is. Next, the book will walk you through what it takes to solve your anxiety problems, how to make an anxiety recovery plan, then how to correctly execute that plan. The Anxious Truth isn't always what you want to hear, but it's what you NEED to hear in order to solve this problem once and for all and move toward the life you so desperately want. Based firmly on the principles of cognitive behavioral therapies that have been shown over decades to be most effective in treating anxiety problems, the Anxious Truth will teach you how to move past your anxiety symptoms, past endless digging for hidden "root causes", and into an action oriented plan that will help your brain unlearn the bad reaction and fear habits that have gotten you into this predicament. The Anxious Truth will take the cognitive mechanism that got you into a corner, throw it in reverse, and use it to your advantage, backing you out of this jam and into a life free from irrational fear and needless avoidance. More than just a book, The Anxious Truth goes hand-in-hand with The Anxious Truth podcast (<https://theanxioustruth.com>) and the growing and vibrant social media community surrounding it. Read the book, listen to five years worth of free podcasts chock full of helpful advice and information, and join a large online community of fellow anxiety sufferers that are done talking about this problem and ready to actually take action to solve it. Change is possible. No matter how long you've suffered with your anxiety issues, you can get better. The Anxious Truth will tell you what you need to hear and will arm you with the information, understanding, and skills you need to get the job done. Let's do this together!

The Anxious Truth : A Step-By-Step Guide To Understanding and Overcoming Panic, Anxiety, and Agoraphobia - Drew Linsalata - 2020-06-10

You're anxious all the time, experiencing panic attacks over and over, and maybe afraid to leave your house or to be left alone for even a few minutes.. You are avoiding simple things like driving, eating in restaurants, attending family functions, or going to the supermarket. You are terrified of the next wave of anxiety or the next panic attack. Your anxiety problems are ruining your relationships, your family life, and your career. Your anxiety problems have you afraid, confused, lost, and feeling hopeless. How did you get here? What went wrong? You've tried so many things, but nothing has cured your anxiety? What can you do now? The Anxious Truth is a step-by-step guide to understanding and overcoming the anxiety problems that have plagued you for so long. This book, written by a former anxiety sufferer, best-selling author of "An Anxiety Story", and host of the The Anxious Truth podcast will walk you through exactly how you got to where you are today, why you are not broken or ill, and what the true nature of your anxiety disorder is. Next, the book will walk you through what it takes to solve your anxiety problems, how to make an anxiety recovery plan, then how to correctly execute that plan. The Anxious Truth isn't always what you want to hear, but it's what you NEED to hear in order to solve this problem once and for all and move toward the life you so desperately want. Based firmly on the principles of cognitive behavioral therapies that have been shown over decades to be

how to move past your anxiety symptoms, past endless digging for hidden "root causes", and into an action oriented plan that will help your brain unlearn the bad reaction and fear habits that have gotten you into this predicament. The Anxious Truth will take the cognitive mechanism that got you into a corner, throw it in reverse, and use it to your advantage, backing you out of this jam and into a life free from irrational fear and needless avoidance. More than just a book, The Anxious Truth goes hand-in-hand with The Anxious Truth podcast (<https://theanxioustruth.com>) and the growing and vibrant social media community surrounding it. Read the book, listen to five years worth of free podcasts chock full of helpful advice and information, and join a large online community of fellow anxiety sufferers that are done talking about this problem and ready to actually take action to solve it. Change is possible. No matter how long you've suffered with your anxiety issues, you can get better. The Anxious Truth will tell you what you need to hear and will arm you with the information, understanding, and skills you need to get the job done. Let's do this together!

Slow Motion - Dani Shapiro - 2012-09-05
From one of the most gifted writers of her generation comes the harrowing and exquisitely written true story of how a family tragedy saved her life. Dani Shapiro was a young girl from a deeply religious home who became the girlfriend of a famous and flamboyant married attorney—her best friend's stepfather. The moment Lenny Klein entered her life, everything changed: she dropped out of college, began to drink heavily, and became estranged from her family and friends. But then the phone call came. There had been an accident on a snowy road near her family's home in New Jersey, and both her parents lay hospitalized in critical condition. This haunting memoir traces her journey back into the world she had left behind. At a time when she was barely able to take care of herself, she was faced with the terrifying task of taking care of two people who needed her desperately. Dani Shapiro charts a riveting emotional course as she retraces her isolated, overprotected Orthodox Jewish childhood in an anti-Semitic suburb, and draws the connections between that childhood and her inevitable rebellion and self-destructiveness. She tells of a life nearly ruined by the gift of beauty, and then saved by the worst thing imaginable. This is a beautiful and unforgettable memoir of a life utterly transformed by tragedy.

Slow Motion - Dani Shapiro - 2012-09-05
From one of the most gifted writers of her generation comes the harrowing and exquisitely written true story of how a family tragedy saved her life. Dani Shapiro was a young girl from a deeply religious home who became the girlfriend of a famous and flamboyant married attorney—her best friend's stepfather. The moment Lenny Klein entered her life, everything changed: she dropped out of college, began to drink heavily, and became estranged from her family and friends. But then the phone call came. There had been an accident on a snowy road near her family's home in New Jersey, and both her parents lay hospitalized in critical condition. This haunting memoir traces her journey back into the world she had left behind. At a time when she was barely able to take care of herself, she was faced with the terrifying task of taking care of two people who needed her desperately. Dani Shapiro charts a riveting emotional course as she retraces her isolated, overprotected Orthodox Jewish childhood in an anti-Semitic suburb, and draws the connections between that childhood and her inevitable rebellion and self-destructiveness. She tells of a life nearly ruined by the gift of beauty, and then saved by the worst thing imaginable. This is a beautiful and unforgettable memoir of a life utterly transformed by tragedy.

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

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.

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.