



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

Richard Carlson, Joseph Bailey

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“Age-old wisdom presented in a practical, easy to understand manner that can be utilized by everyone.”

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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.”

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Playing with family within a park, coming to see the sea world or hanging out with pals is thing that usually you may have done when you have spare time, then why you don't try factor that really opposite from that. A single activity that make you not sense tired but still relaxing, trilling like on roller coaster you have been ride on and with addition associated with. Even you love Slowing Down to the Speed of Life: How To Create a Peaceful, Simpler Life F, it is possible to enjoy both. It is excellent combination right, you still desire to miss it? What kind of hang-out type is it? Oh seriously its mind hangout guys. What? Still don't have it, oh come on its named reading friends.

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