

Slowing Down to the Speed of Life: How to Create a More Peaceful, Simpler Life from the Inside Out

By Richard Carlson, Joseph Bailey

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Ever notice that the faster you go, the "behinder" you get? Ever feel like while your life is full maybe too full of things to do, you aren't enjoying life nearly enough? Want a way off the treadmill of anxiety, worry and pressure and into real happiness?

In *Slowing Down to the Speed of Life*, Richard Carlson and Joseph Bailey show you how to create a more peaceful, simpler life from the inside out. In the authors' words: "This is a book about slowing down to learning to live in the moment. We are not, however, going to ask to change your lifestyle. You don't have to move to the country or to a small town in another state. You don't have to resign from your job or change your career."

"In this book, you will learn to slow down your life from the inside out. This change will result from a wiser way of being in the world, not from superficially reorganizing the externals of your life. You will discover how your quality of life is created within rather than imposed upon you by outside forces."

Carlson and Bailey help us recognize rushed thought processes and access healthy, relaxed feelings and, using the popular "psychology of mind" approach, they teach us to gain new-found abilities to stay focused on the task at hand and enhance our creativity and achievement. Illustrated with useful exercises, charts and diagrams, as well as inspiring personal reflections, *Slowing Down to the Speed of Life* shows us how to maintain a healthy calm in the midst of life's storm.

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