

Slow

Brienna Rossiter

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

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

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.

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

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

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

Thinking, Fast and Slow... in 30 Minutes 30 Minute Expert Summary Staff,2012-12-01 Decisions: You make hundreds every day, but do you really know how they are made? When can you trust fast, intuitive judgment, and when is it biased? How can you transform your thinking to help avoid overconfidence and become a better decision maker? Thinking, Fast and Slow ...in 30 Minutes is the essential guide to quickly understanding the fundamental components of decision making outlined in Daniel Kahneman's bestselling book, Thinking, Fast and Slow. Understand the key ideas behind Thinking, Fast and Slow in a fraction of the time: Concise chapter-by-chapter synopses Essential insights and takeaways highlighted Illustrative case studies demonstrate Kahneman's groundbreaking research in behavioral economics In Thinking, Fast and Slow, Daniel Kahneman, best-selling author and recipient of the Nobel Prize in Economics, has compiled his many years of groundbreaking research to offer practical knowledge and insights into how people's minds make decisions. Challenging the standard model of judgment, Kahneman aims to enhance the everyday language about thinking to more accurately discuss, diagnose, and reduce poor judgment. Thought, Kahneman explains, has two distinct systems: the fast and intuitive System 1, and the slow and effortful System 2. Intuitive decision making is often effective, but in Thinking, Fast and Slow Kahneman highlights situations in which it is unreliable-when decisions require predicting the future and assessing risks. Presenting a framework for how these two systems impact the mind, Thinking, Fast and Slow reveals the far-reaching impact of cognitive biases-from creating public policy to playing the stock market to increasing personal happiness-and provides tools for applying behavioral economics toward better decision making. A 30 Minute Expert Summary of Thinking, Fast and Slow Designed for those whose desire to learn exceeds the time they have available, the Thinking, Fast and Slow expert summary helps readers quickly and easily become experts ...in 30 minutes.

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

Slow Knitting Hannah Thiessen,2017-10-10 “Thiessen has done her research, and talked to people who truly have insight into the process of making both yarn and clothing.” —Modern Daily Knitting Like the “slow food” movement, Slow Knitting encourages knitters to step back, pare down, and celebrate the craftsmanship of their work. In five chapters centered around the tenets of slow knitting—sourcing carefully, making thoughtfully, thinking environmentally, experimenting fearlessly, and exploring openly—Hannah Thiessen challenges knitters of all skill levels to view their practice in a new way. Each chapter contains explorations of fiber types; profiles of well-known yarn types, makers, and yarn suppliers; and garment patterns inspired by the featured fibers. With

contributions from knitting superstars Norah Gaughan, Bristol Ivy, and many others, *Slow Knitting* proposes an approach to knitting that is both minimalist and all-encompassing, and emphasizes what makes knitting a meditation, a passion, and a unique necessity. “Promotes the concept of ‘slow knitting’ which discards the pressure to produce prolifically and instead, revolves around the idea that thoughtfully produced yarn will result in better projects for you-the crafter.”
—MarthaStewart.com

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

Cooking Slow Andrew Schloss, 2013-10-15 The New York Times bestselling author of *Mastering the Grill* presents more than 80 delectable recipes that celebrate the art of slow cooking. This tantalizing book explores time-honored methods that yield tender, delicious meals with little hands-on cooking time. More than eighty recipes cover everything from slow-simmered soups and stews to hearty braised meats and a lemon cheesecake that cures to a creamy custard in a warm oven overnight. A chapter devoted to the sous vide technique will tempt the technophiles, while the slow-grilling section is a revelation for those who man the grill every weekend. Brought to life with thirty-six enticing photographs by award-winning photographer Alan Benson, *Cooking Slow* is a must-have for dedicated home cooks.

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

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

Slow Ride Lori Foster, 2019-03-12 A tough woman can't pump the breaks on her feelings for her job's new hired muscle in this romantic suspense by a New York Times bestseller. Ronnie Ashford needs a distraction. In the morning, she has to offer arrogant, conventional Jack Crews a job and convince him not

to take it. She doesn't need anyone's help, thank you very much. But tonight is all about the tall, sexy stranger who just walked in the bar—and all the delicious trouble they could get into together. Too bad just as things are heating up between them, he whispers the three little words that destroy everything: "I'm Jack Crews." Jack is determined to connect with fiery Ronnie—in bed and out of it—but her terms are clear. If he takes the job, helping her acquire prized artifacts for her mysterious bosses, anything between them is strictly off-limits. Somehow, he has to convince a woman who's never felt like she belonged that she's found her place—with him. And with the danger sparking hotter than the fire between them, it's going to be one unforgettable trip . . . Praise for *Slow Ride* "Lori Foster knows how to entertain the readers' minds, the emotions run deep, the desires burns hot, and the threatening suspense gets under your skin and makes you check the locks in your house one more time . . . A ravishing, entertaining love story enhanced with family drama and intimidating suspense."

—Books and Spoons

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

Slow Family Living Bernadette Noll, 2013-03-05 Have you ever wished you could slow down the daily grind—and even find a way to enjoy it? All too often, the hectic pace of modern life turns our households into a blur, leaving many parents—and kids—feeling depleted and disconnected. Enter *Slow Family Living*, an inspiring guide for parents who want to rediscover the meaning, comfort, and contentment found in the day to day of family life. Offering 75 simple ideas for reconnecting, this upbeat and invaluable resource can help turn even the most bustling of times into an opportunity to create a moment of calm—and a connection that will last a lifetime. From holidays and other stressful occasions to bedtime, vacations, and everything in between, *Slow Family Living* will help even the most harried parents and kids pause, reflect, and find joy, satisfaction, and inspiration in each other.

Slow Hand Luke Debbi Rawlins, 2007-03-01 When the ride gets wild... If Annie Corrigan had played it safe and stayed in New York, no cowboy would have sweet-talked his way into that empty bedroom down the hall. But on the eve of her very first night at her aunt's ramshackle Texas spread, that's exactly what happens. Just shut your eyes— With a million dollars in rodeo prize money gone missing and a vengeful husband on his tail, Luke McCall needs a place to hide while he clears his name. Lady Luck seems to have deserted him for good when he accidentally picks a female cop from Manhattan as his cover. And hang on... It looks like Annie has no choice but to turn him in. That is, until *Slow Hand Luke* decides to live up to his name—

Slow Death Stewart Home, 1996 A gang of socially ambitious skinheads run riot through the London art world, plotting the rebirth and violent demise of an elusive avant-garde art movement. Taking genre fiction for a ride, *Slow Death* uses obscenity, black humor and repetition for the sake of ironic deconstruction. The sleazy sex is always pornographic, and all traditional notions of literary taste and depth are ditched in favor of a transgressive aesthetic inspired by writers

as diverse as Home, de Sade, Klaus Theweleit, and 70s cult writer Richard Allen.

Fast Talk on a Slow Track Rita Williams-Garcia, 2009-07-01 Confronts some crucial issues that are generally ignored in YA fiction: issues of class and race, friendship and competition, identity and failure. --Booklist

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.

Whispering the Strategies of Language: An Mental Quest through **Slow**

In a digitally-driven world wherever screens reign great and instant connection drowns out the subtleties of language, the profound secrets and psychological subtleties hidden within phrases frequently move unheard. However, set within the pages of **Slow** a fascinating fictional treasure blinking with fresh emotions, lies an extraordinary journey waiting to be undertaken. Penned by an experienced wordsmith, that marvelous opus invites visitors on an introspective journey, lightly unraveling the veiled truths and profound influence resonating within ab muscles fabric of each and every word. Within the emotional depths of this poignant evaluation, we shall embark upon a genuine exploration of the book is core styles, dissect their fascinating writing style, and succumb to the powerful resonance it evokes serious within the recesses of readers hearts.

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CONTROL SYSTEMS, KUMAR, A. ANAND, eBook It is a balanced survey of theory aimed to provide the students with an in-depth insight into system behaviour and control of continuous-time control systems. Control Systems: A. Anand Kumar - Books Written in a student-friendly readable manner, the book explains the basic fundamentals

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