

"After reading this book, you'll have an amazing list
of ingredients that can help you create a meaningful life."

—The Minimalists Joshua Fields Millburn and Ryan Nicodemus

SLOW

simple living
for a
= 'frantic
world =

Brooke
McAlamy



Brooke McAlary

Slow: Simple Living for a Frantic World



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Free yourself from the frantic and embrace the joy of sluggish... Slowly?of course. She place the brakes on her behalf stressful route, and reorganized her existence to live outside the status-quo, emphasizing depth, connection and meaningful experiences. . . Brooke McAlary's exuberant, honest words certainly are a refreshing contribution to the slow living community. If you're seeking an easier path, start here." ?Erin Loechner, Blogger at DesignforMankind.Slow can be an inspirational guide on creating a life filled with things that really matter, and is meant for anyone looking for peace, meaning, and joy in their in any other case rapid lives. It's easy to experience consumed with the desire to "succeed" and "acquire", and skip the simple opportunities waiting for you to slow down: a walk in the forest, posting laughter with family, an individual moment of gratitude...A long time ago, it became clear to Brooke McAlary that the main element to joy was discovering a simpler, more fulfilling presence." ?The Minimalists Joshua Fields Millburn and Ryan Nicodemus"Finally, a gradual living guideline for the imperfect people . Together with Brooke's affirming personal tales of breaking down and increasing up, Sluggish provides practical tips and fascinating insights in to the benefits and difficulties of the slow lifestyle, such as: ?Decluttering to de-owning?Messiness to mindfulness?Asking why, to asking where to now?com and writer of Chasing SlowAre you constantly striving to keep up with life's busy objectives?"After reading this reserve, you'll have an amazing list of things that will help you create a meaningful life, too!



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