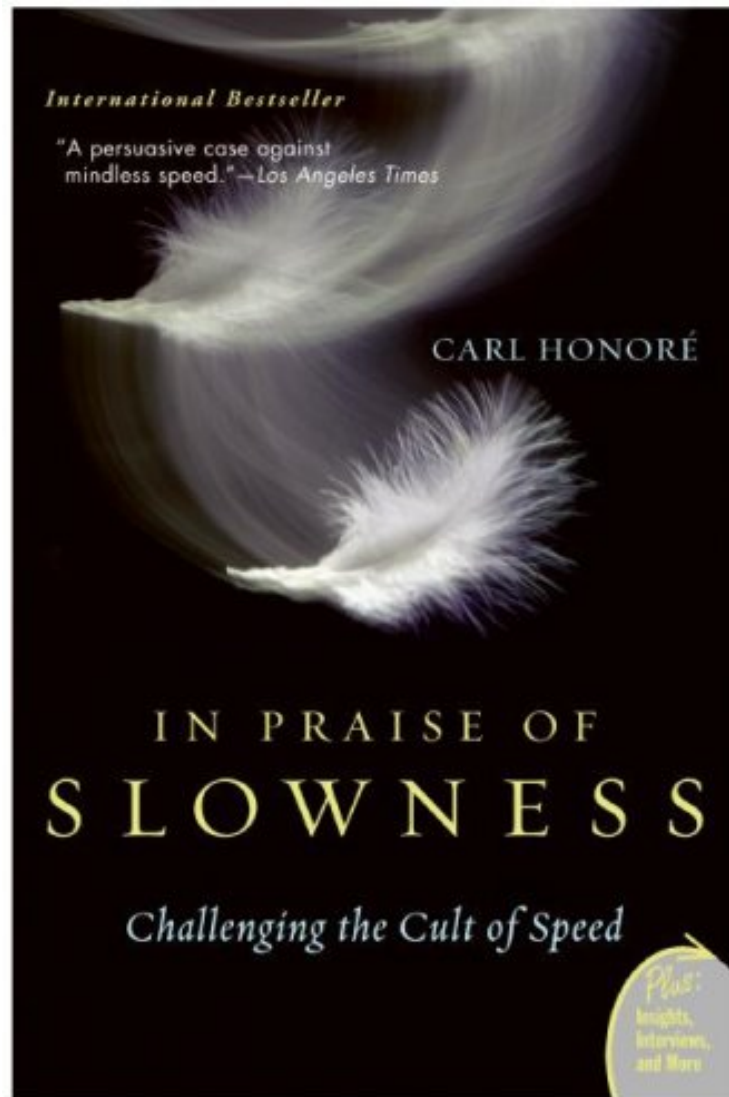


[DOWNLOAD] In Praise of Slowness: Challenging the Cult of Speed

In Praise of Slowness: Challenging the Cult of Speed

Carl Honore

*DOC | *audiobook | ebooks | Download PDF | ePub*



DOWNLOAD



+

READ ONLINE

#50675 in Books Carl Honor 2005-09-06 2005-09-06Format: Deckle EdgeOriginal language:EnglishPDF # 1 8.00 x .76 x 5.311, .58 #File Name: 0060750510321 pagesIn Praise of Slowness Challenging the Cult of Speed | File size: 64.Mb

Carl Honore : In Praise of Slowness: Challenging the Cult of Speed before purchasing it in order to gage whether or not it would be worth my time, and all praised In Praise of Slowness: Challenging the Cult of Speed:

8 of 8 people found the following review helpful. The Power of Slowing DownBy David MullensThis is a great book on cultural addiction to speed and the value of slowing down. Carl Honore does an excellent and thorough job of researching our societal addiction to time. One of the most helpful parts of this book was his discussion of the historical aspects of time. Basically, humanity has not always viewed time the way we do today.Honore gives

suggestions on how to slow down in such areas as eating, sex, exercise, medicine, and work. He also encourages a slower attitude when it comes to leisure and encourages a slow methodology to raising children. I recommend this book if for only a contrarian view of time. While the book is not written from a purely American centric viewpoint, he still uses many American statistics and examples. It seemed to be written from a British viewpoint which gave a more international flavor to Honore's observations and research. The book had a good index and resource list which is important if one is going to use the book for research. I very much appreciated the resource list for further research. I also appreciated that the book was written from a non-religious standpoint. Many religions discuss the importance of slowing down. By not being religious, what Honore has done, is given veracity to the religious view of slowing down, meditation, Sabbath, and other such practices. There were some downsides to this book. Since the book was written in 2005, some of the information may be out of date. On the other hand, some of the areas that were in beginning stages in 2005 have had a chance to mature, or end. Also, while I appreciated the extensive endnotes, they were not referenced in the text itself. While reading the electronic version, I was not aware that there were endnotes until I reached the end of the book. Without reference numbers for the endnotes, it makes tracking down references difficult. 0 of 0 people found the following review helpful. Survival of the Fittest not the Fastest By DatoLofty and interesting ambition but it was not executed as well as it deserved. As a two-star book I am not likely to recommend this book. However there is this: "I described the city as a giant particle accelerator. That metaphor has never been more apt than it is today. Everything about urban life the cacophony, the cars, the crowds, the consumerism invites us to rush rather than relax, reflect or reach out to people. The city keeps us in motion, switched on, constantly in search of the next stimulus." (Honore, Carl. *In Praise of Slowness: Challenging the Cult of Speed* (p. 92). HarperCollins. Kindle Edition.) 1 of 1 people found the following review helpful. A mind blowing read .By ttiger You will never drive to work the same way again. You will be thinking about that little, sad store you pass, and who might shop there, who owns it.....a lie surely read through tomorrow morning's paper will seem like a mini vacation from the rush. Which we all are driven to do.....rush, that is. You'll be more aware of the price of rushing, guaranteed.

We live in the age of speed. We strain to be more efficient, to cram more into each minute, each hour, each day. Since the Industrial Revolution shifted the world into high gear, the cult of speed has pushed us to a breaking point. Consider these facts: Americans on average spend seventy-two minutes of every day behind the wheel of a car, a typical business executive now loses sixty-eight hours a year to being put on hold, and American adults currently devote on average a mere half hour per week to making love. Living on the edge of exhaustion, we are constantly reminded by our bodies and minds that the pace of life is spinning out of control. *In Praise of Slowness* traces the history of our increasingly breathless relationship with time and tackles the consequences of living in this accelerated culture of our own creation. Why are we always in such a rush? What is the cure for time sickness? Is it possible, or even desirable, to slow down? Realizing the price we pay for unrelenting speed, people all over the world are reclaiming their time and slowing down the pace -- and living happier, healthier, and more productive lives as a result. A Slow revolution is taking place. Here you will find no Luddite calls to overthrow technology and seek a preindustrial utopia. This is a modern revolution, championed by cell-phone using, e-mailing lovers of sanity. The Slow philosophy can be summed up in a single word -- balance. People are discovering energy and efficiency where they may have been least expected -- in slowing down. In this engaging and entertaining exploration, award-winning journalist and rehabilitated speedaholic Carl Honor details our perennial love affair with efficiency and speed in a perfect blend of anecdotal reportage, history, and intellectual inquiry. *In Praise of Slowness* is the first comprehensive look at the worldwide Slow movements making their way into the mainstream -- in offices, factories, neighborhoods, kitchens, hospitals, concert halls, bedrooms, gyms, and schools. Defining a movement that is here to stay, this spirited manifesto will make you completely rethink your relationship with time.

From Publishers Weekly A former "speedaholic," an award-winning Canadian journalist advocates living a slower, more measured existence, in virtually every area, a philosophy he defines as "balance." Honor's personal wake-up call came when he began reading one-minute bedtime stories to his two-year-old son in order to save time. The absurdity of this practice dramatized how he, like most of the world, was caught up in a speed culture that probably began with the Industrial Revolution, was spurred by urbanization and increased dramatically with 20th-century advances in technology. The author explores, in convincing and skillful prose, a quiet revolution known as "the slow movement," which is attempting to integrate the advances of the information age into a lifestyle that is marked by an "inner slowness" that gives more depth to relationships with others and with oneself. Although there is no official movement, Honor credits Carol Petrini, an Italian culinary writer and founder of the slow food movement in Italy, with spearheading the trend to using fresh local foods, grown with sustainable farming techniques that are consumed in a leisurely manner with good company. The author also explores other slow movements, such as the practice of Tantric sex (mindful sexual union as a road to enlightenment), complementary and alternative medicine, new urbanism and the importance of leisure activities like knitting, painting and music. For the overprogrammed and stressed, slow and steady may win the race. Copyright Reed Business Information, a division of Reed Elsevier Inc. All rights

reserved. From Booklist Tempted by a book of "one-minute bedtime stories" to read to his son and thereby save time while fulfilling, albeit barely, the paternal role, Honore had a moment of truth. Speed, he realized, was a cultural addiction that, far from enhancing his life, was eroding his pleasure in it. He set about finding those swimming--slowly, of course, but strongly--against the tide. Prime among them is Slow Food, started in Italy to support that nation's time-honored approach to making cheeses, wines, and other regional foods. Now promoting the joys of the table and connection to regional agriculture internationally, Slow Food is one of a growing number of organizations urging us to slow down to enjoy life more. Whether advocating gentle alternative medical therapies (e.g., massage), tantric sex, musical compositions that take ages to perform, or the deceleration of childhood, these organizations share the beliefs that faster isn't better, and more is rarely enough. Honore's engaging report on the tortoises among the hares should be embraced by those with quality-of-life and environmental concerns. Patricia Monaghan Copyright American Library Association. All rights reserved It is worth allowing its subversive message to sink slowly in so it has a chance of changing your life. (Bill McKibben, author of *Enough: Staying Human in an Engineered Age* and *The End of Nature*) Take the time to read this important, excellently written book -- our future depends on the ideas it contains! (John de Graaf, co-author, *AFFLUENZA: The All-Consuming Epidemic*, and editor, *TAKE BACK YOUR TIME*) If you sometimes feel engulfed by the mad pace of modern life ---- *IN PRAISE OF SLOWNESS* could prove life-saving. (Larry Dossey, MD -- Author: *HEALING BEYOND THE BODY* and *REINVENTING MEDICINE*) Taking the time to read this may be the best decision an entrepreneur, manager, or anyone working full time, can make. (Gary Erickson - Entrepreneur CEO of Clif Bar Inc., and author of *Raising the Bar*) A friendly and intelligent guide for harried types looking to change gear at home, work or play. (Economist) A persuasive case against mindless speed and an intriguing array of ways to make the moment last. (Los Angeles Times Book) A skillful blend of investigative reportage, history and reflection on time and our relationship to it. (BookPage)...a brilliant criticism of the culture of speed. Honor is a proponent of the Slow movement, which encourages a deceleration of everything from cooking to business management, driving to talking styles-based on the belief that speed can produce disconnection from daily life. (O, The Oprah Magazine)