

# Slow: Simple Living for a Frantic World

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## 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.

Brooke McAlary is a slow-travelling, gutsy shiraz-appreciating writer who, after being diagnosed with severe post-natal depression in 2011, embarked on a one-woman mission to cut out the excess in her life and reconnect with what was really important. She is now immersed in the Slow Living philosophy, and makes it her mission to help others define and achieve their slow living goals.

She writes the blog Slow Your Home, and hosts and produces the podcast, The Slow Home Podcast. She is currently slow-travelling her way around North America with her family. "Finally, a slow living guide for the imperfect folks. If you're looking for a rule-riddled, anxiety-ridden manifesto thick on sanctimony and decree, you won't find it here. Paired with tremendous insights and joyful illustrations, Brooke McAlary's exuberant, honest words are

a refreshing contribution to the slow living community. If you're seeking a simpler path, start here." -

Erin Loechner, Blogger at DesignforMankind.com and author of Chasing Slow

"Brooke McAlary shares her recipe for living a meaningful life in her new book, Slow. After reading this book, you'll have an amazing list of ingredients that can help you create a meaningful life, too!

" -

The Minimalists Joshua Fields Millburn and Ryan Nicodemus

"When so much of the messaging out there tells us to speed up, Brooke shows us how and why we might want to slow down. There is no one right way to do it, but it does start with noticing. Noticing what weighs you down and letting some of those things go. And noticing what leaves you feeling fulfilled and making time for more of that, instead. With the words coupled with the imagery, this book is a manifesto for what happens when you pursue a slower, simpler and more meaningful life." -

Cait Flanders, author of The Year of Less

"I loved this book! It was short and sweet with many moments of brilliant and insightful ideas to live a more meaningful and thoughtful life." -

Paul Jarvis

"If I could only give three words to describe Brooke McAlary's Slow, they'd be gentle, honest, and actionable . . . the perfect ingredients for a meaningful read." -

Courtney Carver, author of Soulful Simplicity

"McAlary gives a much-needed gift to the chronically overcommitted with this wise self-help primer." -

Publishers Weekly

"A highly readable and attractive resource for anyone looking to slow down and decompress.

" -

Library Journal - STARRED review

Other Books

The Weight Escape, Skip the diets and calorie counting—the bestselling author of The

Happiness Trap reveals how mindful eating is the key to long-term weight control and well-being Using the mindfulness-based method called Acceptance and Commitment Therapy (ACT), Happiness Trap author Dr. Russ Harris, psychological practitioner Ann Bailey, and scientist Joseph Ciarrochi present a holistic approach to well-being and weight loss.

Focusing on the mental barriers that prevent us from setting and achieving our goals, they go beyond meal plans and calorie counting to explain how you can apply mindfulness to your lifestyle and eating habits. Through practical exercises and personal stories they show you how to:

- Set goals and give direction to your life
- Overcome destructive habits and exercise self-control
- Deal with cravings and stressful situations
- Develop self-acceptance

This book contains the tools you need not only to get the weight-loss results you want but to maintain a healthy weight—and a healthy sense of well-being—for the rest of your life.

? ? ? ? ? ... to school with my daughter Eating breakfast MINDFULNESS RESOURCES ROUTINE • 10 seconds of mindful breathing with ... of food • Improved decision-making around food Mindfulness : A Practical Guide to Finding Peace in a Frantic World ..."