



The Power of Slow: 101 Ways to Save Time in Our 24/7 World

Christine Louise Hohlbaum

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Overwhelmed by electronic gadgets? Buried under an avalanche of e-mails? Juggling too many tasks and responsibilities? Desperately in need of a deep breath and a time-out? For all of us who answer yes to any of these questions, help is on the way. Getting to the heart of our hassled and over-scheduled existence, Christine Louise Hohlbaum cheerfully investigates 101 ways to increase our quality of life and productivity by reevaluating how we perceive and use time. Everyone has their own personal bank account of time, and while we cannot control time itself, we can manage the activities with which we fill the time we have available to us. *The Power of Slow* gives readers practical, concise directions to change the relationship they have with time and debunks the myths of multitasking, speed, and urgency as the only ways to efficiency.

Tips include:

- When working on a project on your computer, close all the windows, with the exception of the one you need to do your job.
- Learn to say no in a polite and constructive way to favors, invitations, and requests.
- Manage your own expectations, as well as those of others, by clearly stating what is possible in the time frame given.
- Declare gadget-free zones (both geographical and temporal) to really enjoy your leisure time.
- Know when your plate is full.
- Make commitments to difficult tasks in five-minute increments and gradually increase the increments.
- Save your most favorite or the easiest tasks for last to avoid procrastination.

The Power of Slow will help readers identify areas in need of improvement and show them how to become more efficient and less frazzled at work and at home---and live a better, more balanced life.

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Steven Holt:

Throughout other case, little folks like to read book The Power of Slow: 101 Ways to Save Time in Our 24/7 World. You can choose the best book if you like reading a book. Provided that we know about how is important the book The Power of Slow: 101 Ways to Save Time in Our 24/7 World. You can add understanding and of course you can around the world by way of a book. Absolutely right, because from book you can learn everything! From your country until eventually foreign or abroad you will find yourself known. About simple factor until wonderful thing you can know that. In this era, we could open a book or perhaps searching by internet system. It is called e-book. You should use it when you feel bored to go to the library. Let's examine.

Michael Rodriguez:

Now a day people that Living in the era wherever everything reachable by connect with the internet and the resources within it can be true or not call for people to be aware of each facts they get. How a lot more to be smart in getting any information nowadays? Of course the reply is reading a book. Reading through a book can help persons out of this uncertainty Information particularly this The Power of Slow: 101 Ways to Save Time in Our 24/7 World book because book offers you rich data and knowledge. Of course the knowledge in this book hundred per cent guarantees there is no doubt in it everbody knows.

Aubrey Smith:

Spent a free time and energy to be fun activity to do! A lot of people spent their leisure time with their family, or their friends. Usually they doing activity like watching television, gonna beach, or picnic from the park. They actually doing same every week. Do you feel it? Do you need to something different to fill your current free time/ holiday? May be reading a book could be option to fill your free of charge time/ holiday. The first thing that you ask may be what kinds of book that you should read. If you want to attempt look for book, may be the book untitled The Power of Slow: 101 Ways to Save Time in Our 24/7 World can be great book to read. May be it might be best activity to you.

Carmen Hamm:

A lot of people always spent all their free time to vacation or go to the outside with them family members or their friend. Are you aware? Many a lot of people spent these people free time just watching TV, or maybe playing video games all day long. If you need to try to find a new activity this is look different you can read the book. It is really fun to suit your needs. If you enjoy the book that you just read you can spent all day every day to reading a publication. The book The Power of Slow: 101 Ways to Save Time in Our 24/7 World it is rather good to read. There are a lot of people that recommended this book. These folks were enjoying reading this book. In the event you did not have enough space to bring this book you can buy often the e-book. You can m0ore very easily to read this book from a smart phone. The price is not too costly but this

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