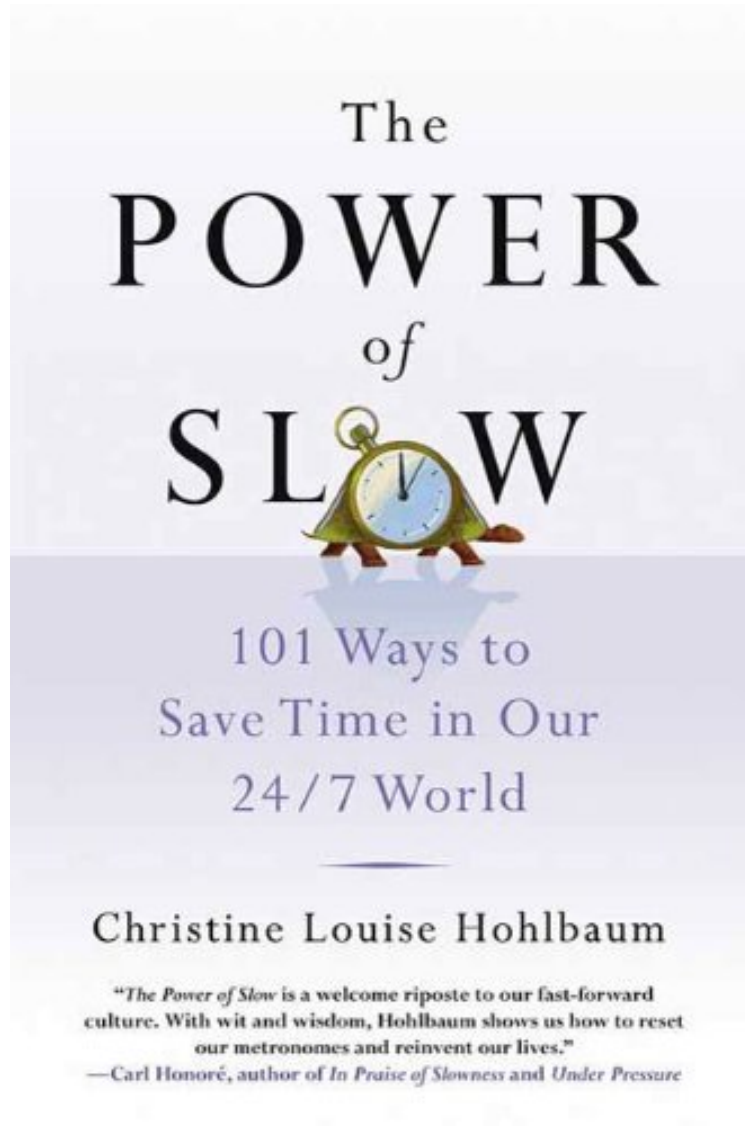


(Free pdf) The Power of Slow: 101 Ways to Save Time in Our 24/7 World

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

Christine Louise Hohlbaum

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Christine Louise Hohlbaum : The Power of Slow: 101 Ways to Save Time in Our 24/7 World before purchasing it in order to gage whether or not it would be worth my time, and all praised The Power of Slow: 101 Ways to Save Time in Our 24/7 World:

24 of 24 people found the following review helpful. A Fresh, Modern Look at Slowing Down and Befriending TimeBy O. Merce Brown*****Is it possible to create time abundance? To cultivate an attitude of experiencing time as slow, time as a friend...as there being more than enough time to accomplish everything that the day should hold? I think that it is possible, and this is what I'm doing, thanks to this wonderful book that takes a fresh and practical look at befriending time and slowing down your life.Unlike many of the books I've read on this subject, this book goes

beyond the philosophy of time abundance and the whole Slow Movement and into practical and concrete ways of implementing mindfulness and the philosophy of slow with a special emphasis on different ways of dealing with technology and information overload. The book covers useful, modern issues such as cell phone multi-tasking, creative ways of handling call-waiting, dealing with time suckers and addictive behaviors, delegating, managing expectations, and so much more. This book is not so much about time management as it is about life management so that each of us can best use the limited and uncertain amount of time that we each have. Since I have viewed time as something to race against, and have felt like time's victim, this appealed enormously to me. I began to read *The Power of Slow* with my journal next to me, keeping a list of everything that struck me that I'd want to do differently or think about differently. I came up with a time abundance plan that I've been implementing and tweaking, one that is truly changing my life. If you have been looking for a practical tool that addresses your real-life concerns, look no further. You'll get far more than just a list of 101 things, however. The author shares important ideas about how to think about time differently, perhaps the most important part of the book; without thinking about time in a new way--as a friend--the changes you make won't have the impact they could. To give you some examples of my personal time makeover: I now limit the number of television shows I keep up with. I have a list of programs I'm willing to give up my time for, and that's it. I hold myself to it. And although I work at home, I have a defined schedule, so that when people ask me for a time commitment, I check my schedule and can say, "I can't do that, I'm working, but I'll be available after 4 p.m." For the last few weeks I've been saying, "No" constantly (but kindly). I keep only ONE browser window open when I'm focusing on something intently. I've delegated work to people who work for me and stopped micro-managing thanks to the idea that if I delegate, the work will never be done the way I would do it, but that's okay, considering what I've exchanged it for--the opportunity for me to complete other work myself that is far more important to me. I've found that, as the author says, small changes can open up enormous energy. I am learning to view time as my friend and as an opportunity. It is not an overstatement to say that this has changed my life and will continue to change my life. The author writes that our relationship with time determines all other relationships in our life. I now agree with this, and encourage you to find out why this is so by starting your own adventure into "*The Power of Slow*". Highly recommended. *****

1 of 1 people found the following review helpful. *The Power of Slow in a 24/7 World* By Susan M. Baumann This book is for anyone trying to do 100 things in five minutes. In today's 24/7 world, it seems to be a badge of honor to be sleep deprived, burned out, busy, exhausted and stressed. This book provides the tools to live at a slower, saner pace, and the research to support why this is a good idea. There is good, solid information here. The writing is warm, sharp, funny and interesting. You will view multi-tasking, procrastination, leisure time, delegation and focus differently after reading this book. If you are tired, numb and depleted, and want to exit the hamster wheel of daily frenetic activity, this book can provide real, concrete help. If you are trying to do more with less energy and are bombarded by the ever-increasing demands of a packed schedule in constant motion, this book can show you a better way. It is possible to take back your time and enjoy life again. Smart, relevant and highly readable.

2 of 2 people found the following review helpful. *The Author Has Proven to Me That Slowing Down is Powerful!* By Anthony Fasano This was a very powerful book as the author discusses our relationship with TIME and talks about how slowing down can actually help us to get more of a handle on our time management. We live in such a fast-paced world full of technology that is always pushing us to move and expect others to move at the speed of light. In this book, the author provides alarming statistics that show how addicted human beings are to technology and then provides very practical ways to take your life back by slowing down! The author provides strategies for: * Breaking addictions to cell phones and e-mail, * Saying NO when you have too much on your plate, * Eliminating procrastination and moving forward in your career and life, * Actually enjoying your free time. I thought this book would be especially helpful for engineers and technical professionals as we are always "connected" 24-7. Christine provides statistical data showing that slowing things down and even eliminating multi-tasking can help you to be more productive. Would you believe that? I can confirm that it's true because I have been implementing some of her strategies and they really work! Check out this book if you are looking to take your life back from technology, slow things down, and still be more productive than ever!

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.

"The Power of Slow is a welcome riposte to our fast-forward culture. With wit and wisdom, Hohlbaum shows us how to reset our metronomes and reinvent our lives."--Carl

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