

Slow: Simple Living for a Frantic World By Brooke McAlary The author does a great job of being personable and convicting without being preachy; she really makes you think but reminds you that it's okay to fail and failure doesn't make you a terrible person. 5 stars!\*non-fiction challenge\* 9781492665540 An amazing and well laid out planner of how this author changed her way of viewing the world by decluttering mindfulness and just taking things slower. I used to read parenting guides many moons ago when my big kids were tiny kids (these kind of qualify as self-help don't they?) and I skimmed because it was a book club pick The Life Changing Magic of Tidying Up by Marie Kondo but I found this to be both preaching to the converted and over zealous. It's not that I think I don't need any self-help; it's more that I'm just not all that interested and I have a million other books that I would rather read and fiction is my favourite always my first preference and okay I'll be honest I don't think I need any self-help! However Slow was a really good read. At a base level Brooke's words made a whole lot of sense to me and I was pleased to note that in many ways I was already adopting some of the practices of living slow. Brooke explains within the book that living slow looks different for each and every person cute illustrations and boxes of text make this an easy read as well as a visually appealing one. "There are of course many other ways of bringing mindfulness into your day but this simple act of noticing was my entry point and it changed my perspective in enormous and tiny important ways. Even if you think you aren't interested in adopting a new lifestyle reading Slow is a reality check on the way our lives have evolved a tool kit for examining our 21st century existences with a view to evaluating whether or not we are truly satisfied. 9781492665540 Are you constantly striving to keep up with life's busy expectations? It's easy to feel consumed with the desire to succeed and acquire and miss the simple opportunities waiting for you to slow down: a walk in the forest sharing laughter with family a personal moment of gratitude. Alongside Brooke's affirming personal stories of breaking down and rising up Slow provides practical advice and fascinating insights into the benefits and challenges of the slow life such as: —Decluttering to de-owning—Messiness to mindfulness—Asking why to asking where to now? Slow is an inspirational guide on creating a life filled with the things that really matter and is meant for anyone seeking peace meaning and joy in their otherwise rapid lives. 9781492665540 In Slow Brooke McAlary - creator and host of the uber popular Slow Your Home blog & podcast - shares her journey towards and through living a slow and intentional life. She shares both her own story as well as practical advice and pathways that will be inspiring to those just feeling their way towards slow living as well as those already embarking on their journey. (Although maybe the bedside table is a better less uncomfortable option!) Maybe it's because I found it reassuring that I am on - and I use this word hesitantly - the 'right' path. 9781492665540 I appreciate how McAlary emphasizes that slow living isn't about minimalism and that much of what we see about minimalism is exactly the problem: it's keeping up with a perception of what we think we should be. Nothing groundbreaking here but still a nice book to remind you about unplugging about the power of breathing and about finding what matters to you and focusing on those things while ignoring the rest:

But there are things to keep in mind that will help you shape your life into one you are delighted to live in: At the beginning of the book Brooke asks these questions of the reader: 1: What regrets do I want to avoid? The book is broken up into chapters that correspond with Brooke's own journey to a slow life: I particularly enjoyed the chapters Mindfulness and Disconnect to Reconnect, But that's the thing about this book: it's the type of book that will offer every reader a different experience. I liked the fluidity of its structure; and the beautiful photos.

Such a great introduction to a minimalist/mindful living lifestyle, Although some of this has been written elsewhere it was still wonderfully written. 9781492665540 Followers of my reviews will know that self-help books are not my usual forte. Brooke McAlary has a definite way with words her prose is inflected with humour a self-deprecating honesty and a tell it like it is quality that I always appreciate. The premise of Slow is to simply 'slow down' and 'be present in our own lives'. Stop

buying crap you don't need and working harder to afford a life you don't even enjoy, Don't be fooled into thinking this book is a step by step manual on how to live slow; far from it and that's what appealed to me the most. It's designed to be a book you return to and its hard cover ensures you can cart it around without fear of it eventually falling apart. "If we can apply only one idea to technology as we move forward it needs to be mindfulness. "Filled with insightful observations Slow is a book that I recommend everyone read. It takes us back to the roots of what it means to be a decent human being: a person who smiles at strangers and stops to smell the roses. From the perspective of an educator I would love to see aspects of this book converted into seminars/lessons for teenagers particularly with content from those abovementioned chapters, Being mindful and disconnecting from technology are both sadly becoming foreign concepts to our youth something I see both in my home and my work: There is a lot in Slow for everyone and it's content is presented in an accessible and entertaining way, As far as books go this is a beautiful one to linger over. Coming from a person who doesn't 'do self-help books' rest assured I am not making this recommendation lightly, "Perspective helps us to care less about the crap that doesn't matter and recognise how lucky we are that these are in fact our problems, "Thanks is extended to Allen and Unwin for providing me with a copy of Slow for the purposes of review, Slow is book 61 in my 2017 Australian Women Writers Challenge, 9781492665540 Having made some radical changes in order to live a slow life I've already done many of the things suggested by the author: But sometimes doubt creeps in and it's great to read accounts of others' choices and get a fresh perspective, I love her writing style her honesty and the very approachable things she suggests, And the cover - how gorgeous! This is one you'll want to read and then keep on your shelves forever, Once upon a time it became clear to Brooke McAlary that the key to happiness was discovering 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. 5\*I'm a big fan of Brooke McAlary and her Slow Home podcast: I wholeheartedly agree with everything she says in this book. However I didn't get a lot from it beyond the basics of what I could glean from the podcast, It's beautiful written and I love the attention she paid to writing about the small details in life. This would be a fabulous book for someone who was new to intentional living minimalism etc: but I didn't really get much "new" content from this book: Not so you can imitate her actions but to help you realise what your own 'why' is. Why does a slow intentional life appeal to you? And more importantly what are the things that matter really matter to you. Past the social mask and the past the Joneses deep into yourself and your intentions for being. I can't put into words how affecting this book was for me. Brooke's warm tone her honest straight-to-the-point narrative and her ability to worm her way into your soul is mesmerizing. Covering the usual topics such as decluttering and mindfulness Slow is so much more than a 'how-to' manual. It's a book that feels like a warm hug of reassurance that there is still hope for a meaningful and intentional life for us all. It's a book that will spark something within you and help you realise that tiny changes can and do make a world of difference - and a difference to the world. There's not many non-fiction titles that I would choose to read again, I want to hold it close and re-read it again and again. The validation that my innate feelings and longings towards a simple life can be true and powerful, Or maybe it's because it's cemented the realisation that a slow and minimal lifestyle looks different for everyone. some will still be up against the 'life is too busy' or 'I don't have time' or 'life is too full' or 'I'm in too deep to change' mindset, But if you are curious even slightly you must read this book: And begin your own journey no matter what it looks like - big or small - just begin: I'd put this on a shelf with BRAIDING SWEETGRASS and THE YEAR OF LESS both of which have done some mentality-shifting for me. I did enjoy that there were no prescriptions or here's how I did it lessons here, 9781492665540 The first third of this book was great - thoughtfully introducing ideas and raising concerns, The second two thirds of the book was very long winded - summarizing and condensing ideas would have been more effective, 9781492665540 Ein unglaublich sympathischer Ratgeber der einen ermutigt auch mal nicht perfekt zu sein auch in der Slow Welt, Hier wird einem klar gemacht auch kleine Schritte zählen solange die Balance am Ende stimmt. What is important to me?2. What do I want to leave behind?3. What don't I

want to leave behind?4. What do I want people to say about me?5. Highly recommend!!  
9781492665540 3. Be grateful. Be mindful. We need to make our use of technology intentional. Use it well. Use it to make life better. And then put it down and go do something else. Slowly—of course. Slow: Simple Living for a Frantic World3. What do you want your legacy to be? And Why. It's not about the how. It's about looking deep. Not from cover to cover at least. Slow is different. Keep it under my pillow as a talisman. I'm not sure. But I love love loved this book. Having said that it won't be for everyone. Not yet anyway. And that's okay. And re-read this book. Not so much about stuff but about time and energy. It's about doing the work on your own. Dies wird einem durch Social Media doch gerne aufgedrückt. 9781492665540

