

In Praise of Slow

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Synopsis

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Across the Western world, more and more people are slowing down. Slower is better: better work, better productivity, better exercise, better sex, better food. Don't hurry, be happy.

Almost everyone complains about the hectic pace of their lives. These days our culture teaches that faster is better. But in the race to keep up, everything suffers - our work, diet and health; our relationships and sex lives.

Carl Honoré uncovers a movement that challenges the cult of speed. In this entertaining and hands-on investigation, he takes us on a tour of the emerging slow movement: from a Tantric sex workshop in London to a meditation room for Tokyo executives, from a SuperSlow exercise studio in New York to Italy, home of the Slow Food, Slow Cities and Slow Sex movements.

PLEASE NOTE: When you purchase this title, the accompanying reference material will be available in your Library section along with the audio.

Reader's comments

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