



# Slowing Down to the Speed of Life: How to Create a More Peaceful, Simpler Life from the Inside Out

By Richard Carlson, Joseph Bailey

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Newly revised and updated to address the increased stress of our modern times, *Slowing Down to the Speed of Life* by bestselling author Richard Carlson (*Don't Sweat the Small Stuff...and It's All Small Stuff* and *Don't Get Scrooged*) and Joseph Bailey is the classic guide to creating a more peaceful, simpler life from the inside out. With practical and easy exercises to help you slow down your mind and focus on the present moment, *Slowing Down to the Speed of Life*, in the words of Dan Millman, bestselling author of *Way of the Peaceful Warrior*, is “a life-enhancing book with insightful principles for peaceful and productive living at work and at home.”

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