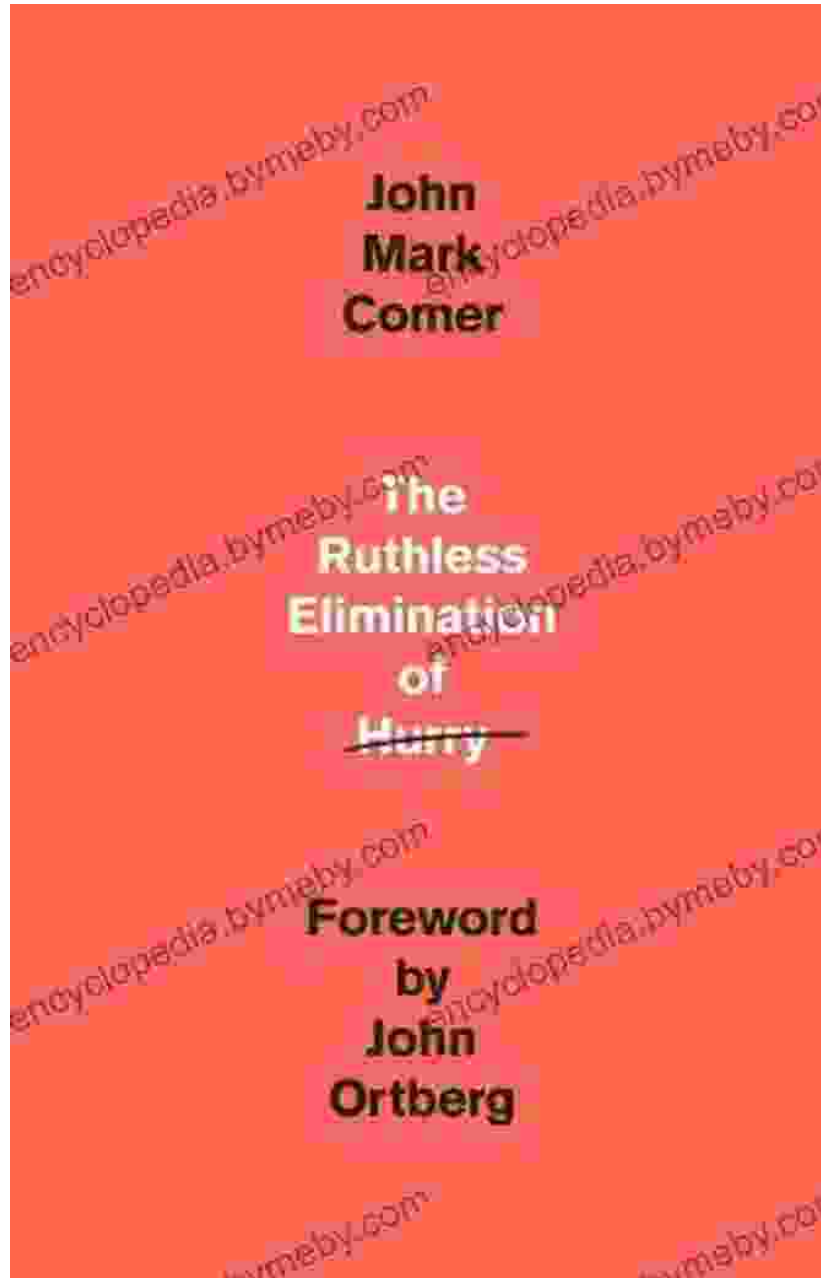


# Never In Hurry: The Art of Slow Living in a Fast-Paced World



**Never in a Hurry: Essays on People and Places (Texts;**

**18)** by Naomi Shihab Nye

★★★★★ 4.9 out of 5

Language : English



File size	: 3844 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 260 pages
Lending	: Enabled



In a world that seems to be constantly speeding up, it's more important than ever to find ways to slow down and savor the present moment. *Never In Hurry*, the latest book from acclaimed author and mindfulness expert Raul Vasquez, offers a practical and inspiring guide to the art of slow living.

Vasquez begins by exploring the many benefits of slowing down, both for our physical and mental health. He cites studies that show that slowing down can reduce stress, improve sleep, boost creativity, and even lengthen our lives. But slowing down isn't just about taking things at a slower pace; it's also about being more mindful and present in each moment.

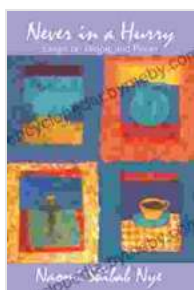
Vasquez offers a variety of practical exercises to help readers slow down and savor the present moment. These exercises include mindfulness meditation, yoga, deep breathing, and spending time in nature. He also encourages readers to take breaks throughout the day, to connect with their senses, and to make time for activities that they enjoy.

In addition to practical exercises, *Never In Hurry* also includes inspiring stories from people who have embraced the art of slow living. These stories show how slowing down can lead to greater happiness, fulfillment, and success.

If you're feeling overwhelmed by the pace of modern life, *Never In Hurry* is the perfect book for you. Vasquez offers a practical and inspiring guide to help you slow down, savor the present moment, and live a more meaningful life.

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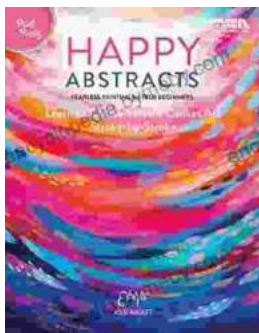
*Never In Hurry* is available now at all major bookstores and online retailers. Click here to Free Download your copy today!



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