

Slow is Beautiful



slow

is beautiful

new visions of community, leisure and
joie de vivre

CECILE ANDREWS

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出版者:New Society Publishers

出版时间:2006-10-01

装帧:Paperback

isbn:9780865715547

We're hammered, we're slammed, we're out of control. Happiness is on the decline in the most affluent country in the world and Americans are troubled by the destructiveness of a lifestyle devoted to money and status. Yet no-one seems to have a clue how to exit from the Fast Lane..."Slow Is Beautiful" analyses the subtle consumer, political and corporate forces stamping the joy from our existence and provides a vision of a more fulfilling life through the rediscovery of caring community, unhurried leisure, and life affirming *joie de vivre*. The book discusses: the frantic time poverty plaguing everyone - a poverty that is being challenged by the growing Slow Life movement whose message is reverberating around the world; the need to build a culture of connection with both people and the planet by challenging the consumer society and recreating vibrant life in our local communities; the creation of a different experience of time where we live life in slower, more reflective ways, savouring our lives and recapturing exuberance and laughter. Offering inspiration and concrete ideas, "Slow Is Beautiful" will appeal to a broad audience of Baby Boomers nearing retirement, harried professionals with a social conscience, the one-time "middle class," and 20-30-somethings who are now facing the sobering realities of constricted choices.

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