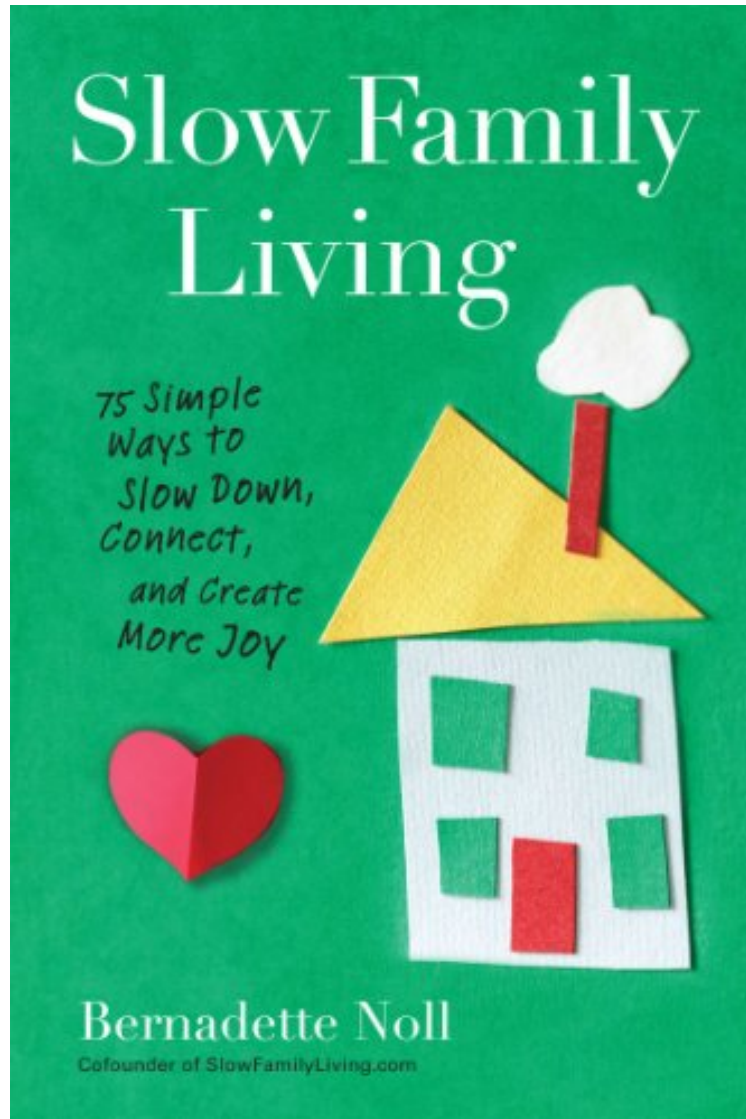


(Read free) Slow Family Living: 75 Simple Ways to Slow Down, Connect, and Create More Joy

Slow Family Living: 75 Simple Ways to Slow Down, Connect, and Create More Joy

Bernadette Noll

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Bernadette Noll : Slow Family Living: 75 Simple Ways to Slow Down, Connect, and Create More Joy before purchasing it in order to gage whether or not it would be worth my time, and all praised Slow Family Living: 75 Simple Ways to Slow Down, Connect, and Create More Joy:

4 of 4 people found the following review helpful. Creative Ideas, Helpful FormatBy AlyciaThis book is a creative, concise, and quick read for families looking for more connection. Its list-like format features 75 ways to ldquo;slow down, connect, and create more joy.rdquo; The author is a mother of four who shares some really novel

ideas—;you can tell she's been there and done that! Here are a few teasers: My Favorite Chapters: -Slow Sports-Do-Over-Just Ten Extra Minutes-This I Believe-Slow Holidays-May the Circle Be Open Favorite Quotations: "In the face of society's messages, however, to speed up, sign up, join up, and hurry up, the reality can be a bit more difficult to achieve without a little guidance." "Though raising a family isn't always fun and games, we can make it so that joy and connection are the baseline we can return to time and time again. Sometimes it's in the method, and other times it's simply in the mind-set." "Slow Family Living is about believing that family life can be the well, rather than the drain." [The Slow Family Living Manifesto] was born out of our belief that family life is being hijacked by societal messages that more is better and faster is greater and that you and your children are at risk of being left behind, unless you buy in now. 1 of 1 people found the following review helpful. Great book By Josie I loved this book and recommended it to many of my friends! Some of it is way too cheesy for us, but I made notes of quite a few things I want to do as a family when my son gets older. 1 of 1 people found the following review helpful. Satisfied By Amanda lattmor This is a good book. I learned a lot of valuable lessons and insights on developing family value. I read it slowly to absorb a few lessons at a time so none of it got lost along the way.

Have you ever wished you could slow down the daily grind—and even find a way to enjoy it? All too often, the hectic pace of modern life turns our households into a blur, leaving many parents—and kids—feeling depleted and disconnected. Enter *Slow Family Living*, an inspiring guide for parents who want to rediscover the meaning, comfort, and contentment found in the day to day of family life. Offering 75 simple ideas for reconnecting, this upbeat and invaluable resource can help turn even the most bustling of times into an opportunity to create a moment of calm—and a connection that will last a lifetime. From holidays and other stressful occasions to bedtime, vacations, and everything in between, *Slow Family Living* will help even the most harried parents and kids pause, reflect, and find joy, satisfaction, and inspiration in each other.

Advance Praise for *Slow Family Living* "In a society set on having it all, *Slow Family Living* points out -- Wait! You already have what you need. All you have to do is slow down and appreciate it. Bernadette Noll's book helps us reject the time- and money-wasters we've been sold on, and savor the most golden thing we've got -- time, especially time together." —Lenore Skenazy, author of *Free-Range Kids* Bernadette Noll has a long track record helping families slow down and find the pace of life that suits them best. How lucky we are that she has now distilled her experience into a wise and readable book. *Slow Family Living* is packed with practical ways to bring joy and sanity back to family life and give our children a childhood worthy of the name. In this overstimulated, crazy-busy, roadrunner culture of ours, every family needs a copy. —Carl Honore, author of *In Praise of Slow and Under Pressure* Slowing down and making time for the gestation of your own ideas and being conscious of your own process are the foundations of both genius and happiness. Rather than letting the pace of the world determine your own family's pace, *Slow Family Living* encourages everyone to step back from the craziness and determine their own rhythms and routines. The pauses are integral not only to happiness but to pure unadulterated brilliance. —Gever Tulley, author of *50 Dangerous Things (You Should Let Your Children Do)* Bernadette Noll, one of my favorite authors, offers essential advice for healthy family living: Slow down and be present with yourself and your loved ones. Her 75 "recipes" for slow family living are down-to-earth and easy to implement. This book is a real gem, a peaceful haven in a sea of over-stimulation. —Peggy O'Mara, founder of *Mothering.com* From the Author I wrote this book as a way of helping families slow down, connect and create more joy in the day to day of family life. It is not a prescription for living, nor more dogma for people to feel bad about, but rather a book full of ideas, inspirations and information towards living the most connected family life you can possibly live - now and for a lifetime. About the Author I am a writer, mother of four, one of nine children, New Jersey native who has called Austin, TX home for the past 23 years.