



Take Your Time: The Wisdom of Slowing Down

Eknath Easwaran

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Over-scheduled, always tired, struggling with the pull of the online world – that’s how many of us feel right now. Training a frazzled mind to embrace calm isn’t easy. For over forty years, Easwaran dedicated himself to teaching meditation and the wisdom of slowing down. When the mind is unhurried, it is calm, kind, ready for anything, aware of what really matters amidst the clamor of a busy day. The secret is to learn to live in the present, to train our minds to work steadily and with one-pointed attention, however many tasks confront us. Through stories and parables, backed up by practical advice, Easwaran gives us gentle illustrations of a wiser way to live. As we read, we find ourselves in situations where we may get impatient or upset - standing in line, dealing with difficult colleagues, shopping with children with agendas of their own - but as Easwaran relates each event, we see it from the perspective of an unhurried mind. And we see small ways to change how we respond, opening the door to rich, loving relationships, creative and productive work, and a quiet sense of joy that can permeate our lives.

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From reader reviews:

Matthew Blackburn:

A lot of people always spent their free time to vacation or go to the outside with them family members or their friend. Were you aware? Many a lot of people spent they free time just watching TV, or playing video games all day long. If you wish to try to find a new activity that is look different you can read the book. It is really fun for you. If you enjoy the book that you just read you can spent all day long to reading a e-book. The book Take Your Time: The Wisdom of Slowing Down it is quite good to read. There are a lot of individuals who recommended this book. We were holding enjoying reading this book. If you did not have enough space to deliver this book you can buy the e-book. You can m0ore effortlessly to read this book through your smart phone. The price is not to cover but this book possesses high quality.

Ashley Washington:

In this time globalization it is important to someone to find information. The information will make anyone to understand the condition of the world. The health of the world makes the information quicker to share. You can find a lot of sources to get information example: internet, newspaper, book, and soon. You can see that now, a lot of publisher this print many kinds of book. The particular book that recommended to your account is Take Your Time: The Wisdom of Slowing Down this publication consist a lot of the information from the condition of this world now. This kind of book was represented how can the world has grown up. The dialect styles that writer value to explain it is easy to understand. The writer made some exploration when he makes this book. Honestly, that is why this book suitable all of you.

Stacey Ryan:

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Suzanne Cicero:

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