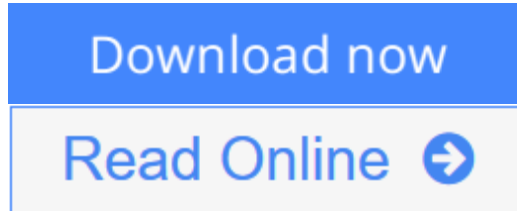


# Slowing Down to the Speed of Love : How to Create a Deeper, More Fulfilling Relationship in a Hurried World

By Joseph Bailey, Richard Carlson



**Slowing Down to the Speed of Love : How to Create a Deeper, More Fulfilling Relationship in a Hurried World** By Joseph Bailey, Richard Carlson

From the coauthor of the international bestseller *Slowing Down to the Speed of Life*

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**"I believe this book has the capacity to touch something inside you deep enough to help you make significant, positive changes in your life."--from the Foreword by Richard Carlson, author of *Don't Sweat the Small Stuff***

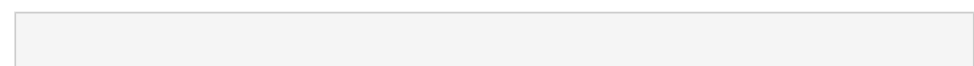
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Bestselling author Joseph Bailey shows how to slow down and make time for the love that we want. His approach, based on principles of Health Realization that were espoused in his and Richard Carlson's international bestseller *Slowing Down to the Speed of Life*, can be applied to solving problems that almost every couple encounters.

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With the help of true stories from his own relationship and those of couples he has counseled, Bailey offers poignant lessons on how to see our partners anew and find the healthy self within that is capable of true love, forgiveness, and deep, satisfying intimacy. He explains how to nurture the seed of timeless love versus time-bound love that exists in all of us and offers a positive, commonsense model for finding and maintaining health relationships.

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### **Editorial Review**

From Publishers Weekly

In a follow-up to *Slowing Down to the Speed of Life*, which he co-authored with Carlson, Bailey applies his "Health Realization" principles to romantic relationships. The "slowing down" refers not so much to lifestyle or schedule as it does to thoughts: "A quiet mind does not denote a dull mind," Bailey writes, and he urges readers to refrain from judgment and to pay attention to their true Selves. Core principles include "deep listening" and its converse, "speaking from the heart." The writing is rife with metaphor-our true Self is the "jewel at the bottom of the pond," and we must realize as we "run on the treadmill of life" that our "feelings are like a best friend"-often to the detriment of clarity. Difficult-to-understand charts and motivational ephemera (he includes a lengthy poem written by his wife, for example) might further distract readers. Illustrative anecdotes, which occur more frequently in the latter half of the book, are more useful in demonstrating how Bailey's abstract theories may be put into practice. Though Bailey employs familiar nuggets of self-help doctrine (he encourages readers to aspire to the wisdom and purity of children and to seek the love within), he also offers insights into how to live a more fulfilling life.

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### **About the Author**

**Joseph Bailey** is a licensed psychotherapist and faculty member of the center for Spirituality and Healing at the University of Minnesota School of Medicine. He is the author of several bestselling self-help books, and he and his work have been covered on NPR and CNBC and in the national print media.

### **Users Review**

#### **From reader reviews:**

#### **Jeffrey Nathanson:**

The book *Slowing Down to the Speed of Love : How to Create a Deeper, More Fulfilling Relationship in a Hurried World* will bring that you the new experience of reading the book. The author style to describe the idea is very unique. When you try to find new book to read, this book very suitable to you. The book *Slowing Down to the Speed of Love : How to Create a Deeper, More Fulfilling Relationship in a Hurried World* is much recommended to you to study. You can also get the e-book in the official web site, so you can easier to read the book.

#### **Cornell Smith:**

The book untitled *Slowing Down to the Speed of Love : How to Create a Deeper, More Fulfilling Relationship in a Hurried World* is the guide that recommended to you to study. You can see the quality of

the publication content that will be shown to a person. The language that publisher use to explained their way of doing something is easily to understand. The copy writer was did a lot of analysis when write the book, hence the information that they share for you is absolutely accurate. You also could possibly get the e-book of *Slowing Down to the Speed of Love : How to Create a Deeper, More Fulfilling Relationship in a Hurried World* from the publisher to make you a lot more enjoy free time.

### **Joseph Gee:**

People live in this new moment of lifestyle always make an effort to and must have the extra time or they will get wide range of stress from both everyday life and work. So , if we ask do people have extra time, we will say absolutely indeed. People is human not a robot. Then we request again, what kind of activity do you have when the spare time coming to an individual of course your answer can unlimited right. Then do you try this one, reading books. It can be your alternative within spending your spare time, the particular book you have read is usually *Slowing Down to the Speed of Love : How to Create a Deeper, More Fulfilling Relationship in a Hurried World*.

### **Virgie Tauber:**

Your reading 6th sense will not betray anyone, why because this *Slowing Down to the Speed of Love : How to Create a Deeper, More Fulfilling Relationship in a Hurried World* guide written by well-known writer whose to say well how to make book that can be understand by anyone who also read the book. Written inside good manner for you, leaking every ideas and producing skill only for eliminate your personal hunger then you still hesitation *Slowing Down to the Speed of Love : How to Create a Deeper, More Fulfilling Relationship in a Hurried World* as good book not simply by the cover but also through the content. This is one publication that can break don't evaluate book by its include, so do you still needing another sixth sense to pick that!? Oh come on your studying sixth sense already said so why you have to listening to an additional sixth sense.

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