

Slow is Beautiful: New Visions of Community, Leisure and Joie de Vivre

Cecile Andrews

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Slow is Beautiful: New Visions of Community, Leisure and Joie de Vivre Cecile Andrews 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 analyzes the subtle consumer and 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 re-creating vibrant life in our local communities
- The creation of a different experience of time where we live life in slower, more reflective ways, savoring 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 twenty-to thirty-somethings who are now facing the sobering realities of constricted choices.



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