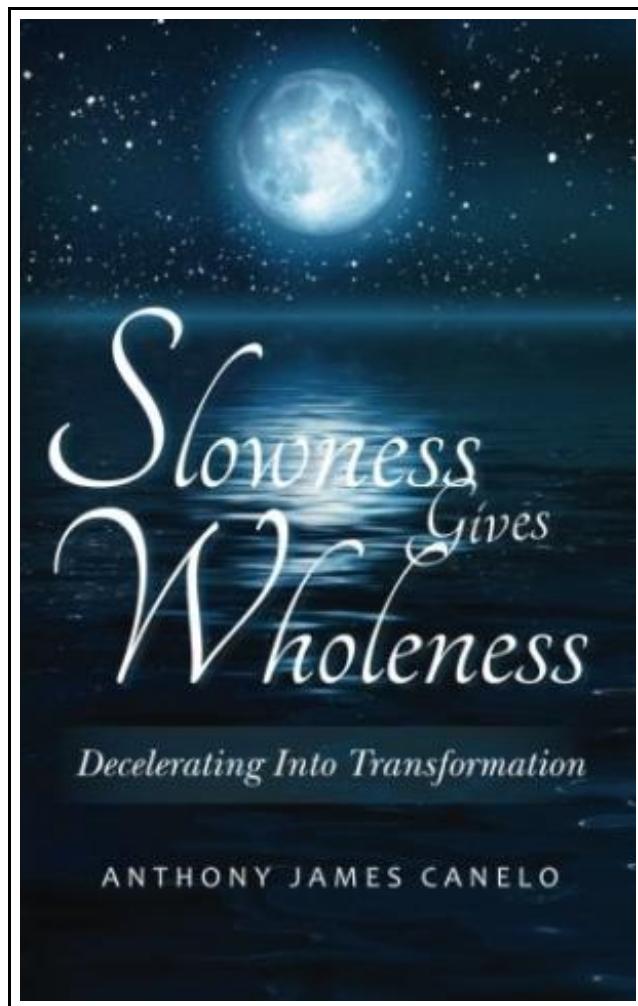


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(Dr. Raven Ledner)

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Createspace, United States, 2013. Paperback. Book Condition: New. 198 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Take the best kind of life, the most successful life, the healthiest life, the most creative life, the most charitable life, or the most virtuous life. Then speed it up 15X . what will you get, friends? Poor quality of life. Is that the answer you were looking for? Is life sometimes lacking essential rhythm, timing, and energy? If it is, there is a quote that I would like to share with you that deeply inspired me before I wrote Slowness Gives Wholeness . Take a deep breath, because here it is: A master of rhythm is a master of energy. You may agree that energy can not be destroyed, it can only be transformed. Well, at least that is what Albert Einstein thought. In terms of daily living, this transformation of energy depends on your innate sense of balance, health, and organization. Is it possible to track the hidden pulse of peace of mind? Is it feasible to rise from your bed, one fine morning, like a feather taken in the wind? I would say that it is. And I would like to show you how. Everybody has rhythm. Even the words I have no rhythm, as Gabrielle Roth once said, require a sense of rhythm. In Slowness Gives Wholeness, I discuss reaching rhythmic (or energetic) health through the Seven Fundamentals of Longevity. Those are Breathing, Sleeping, Drinking, Attitude, Eating, Exercise, and a connection to Nature. Together these seven fundamentals form the master plan to put your life back together. How do you put yourself back on the master plan? Should you do it all today perhaps? Should you eat healthy, breath deeply, sleep well, change your...

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