

SLOW

Carl Honoré

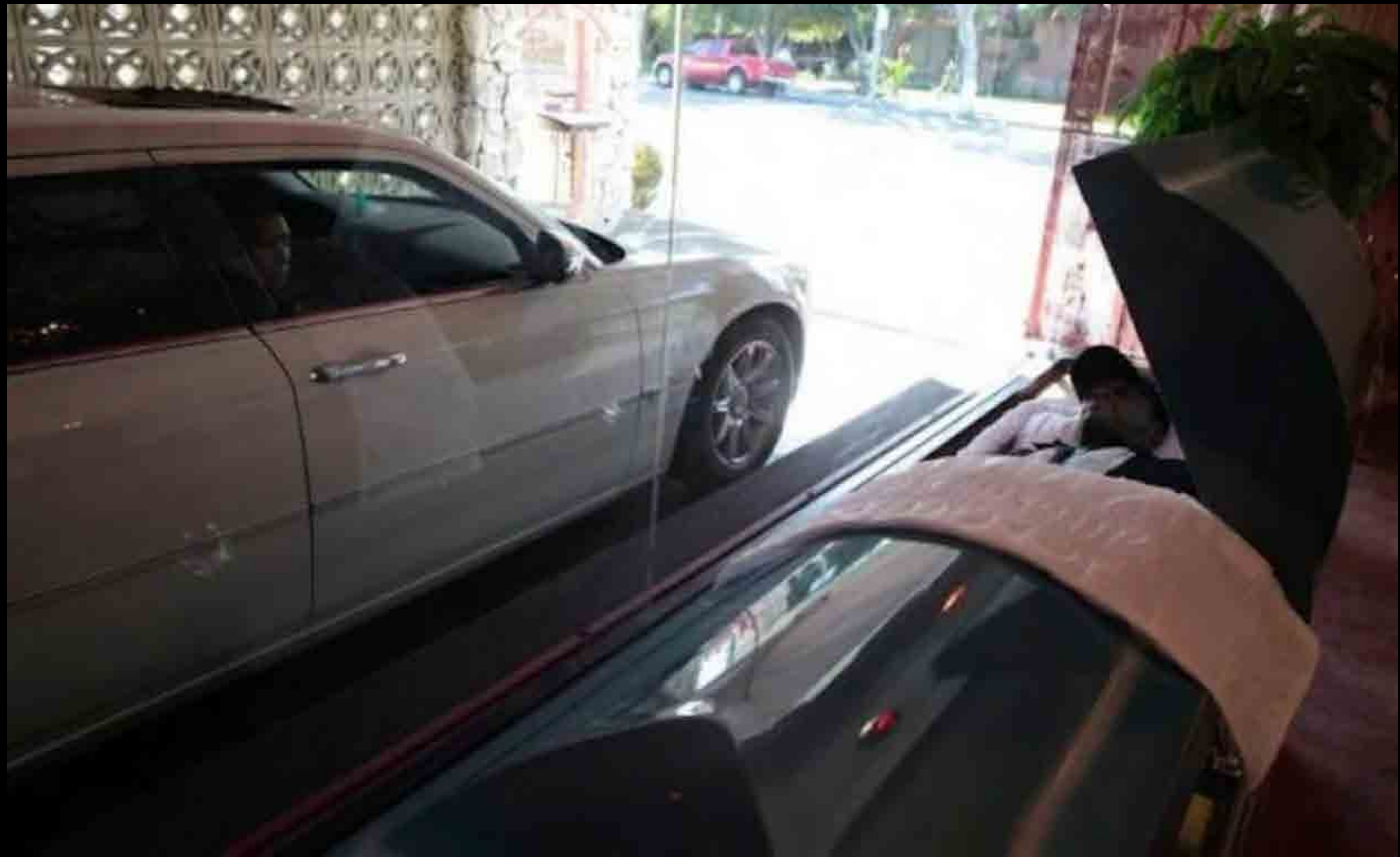


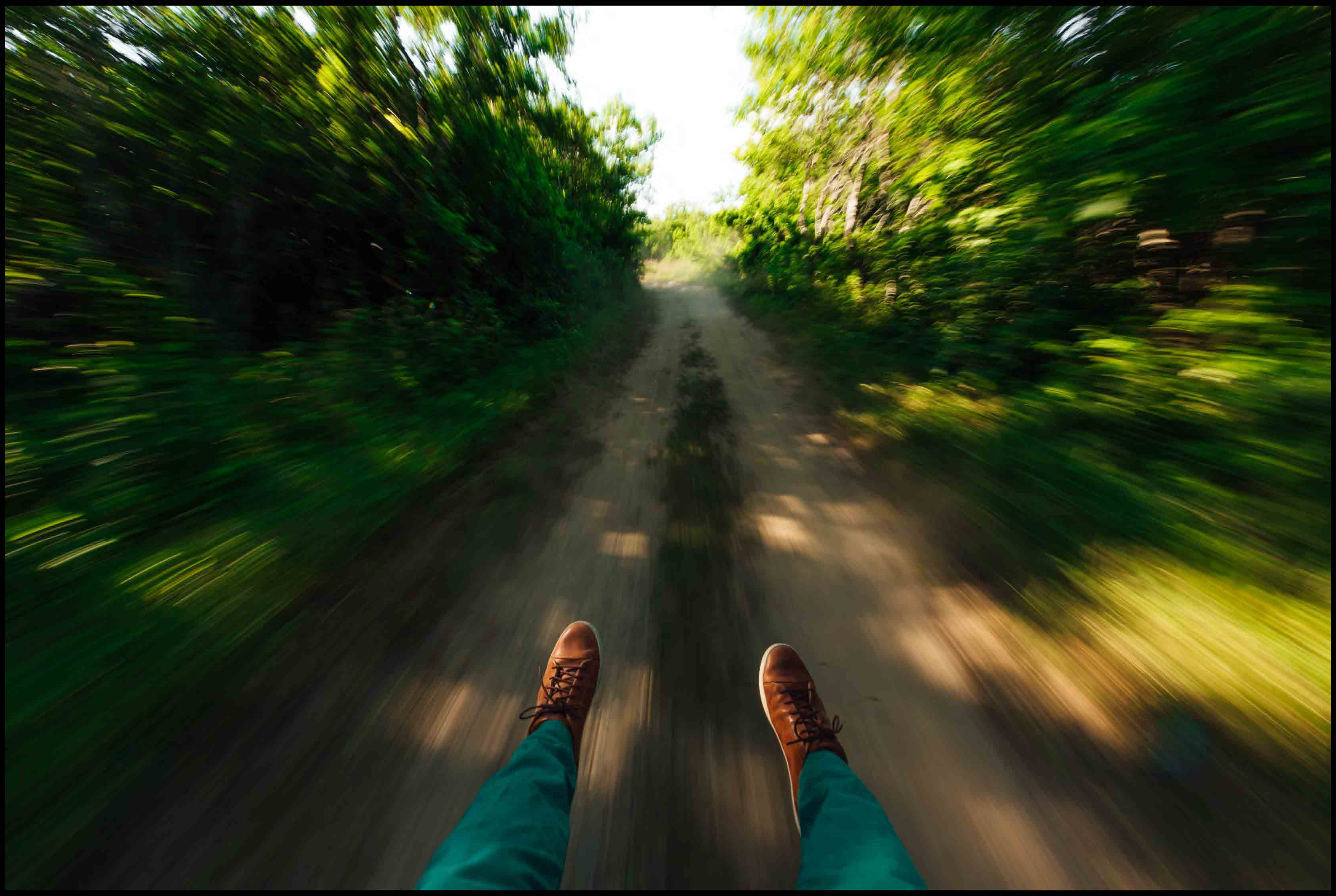
ENTER

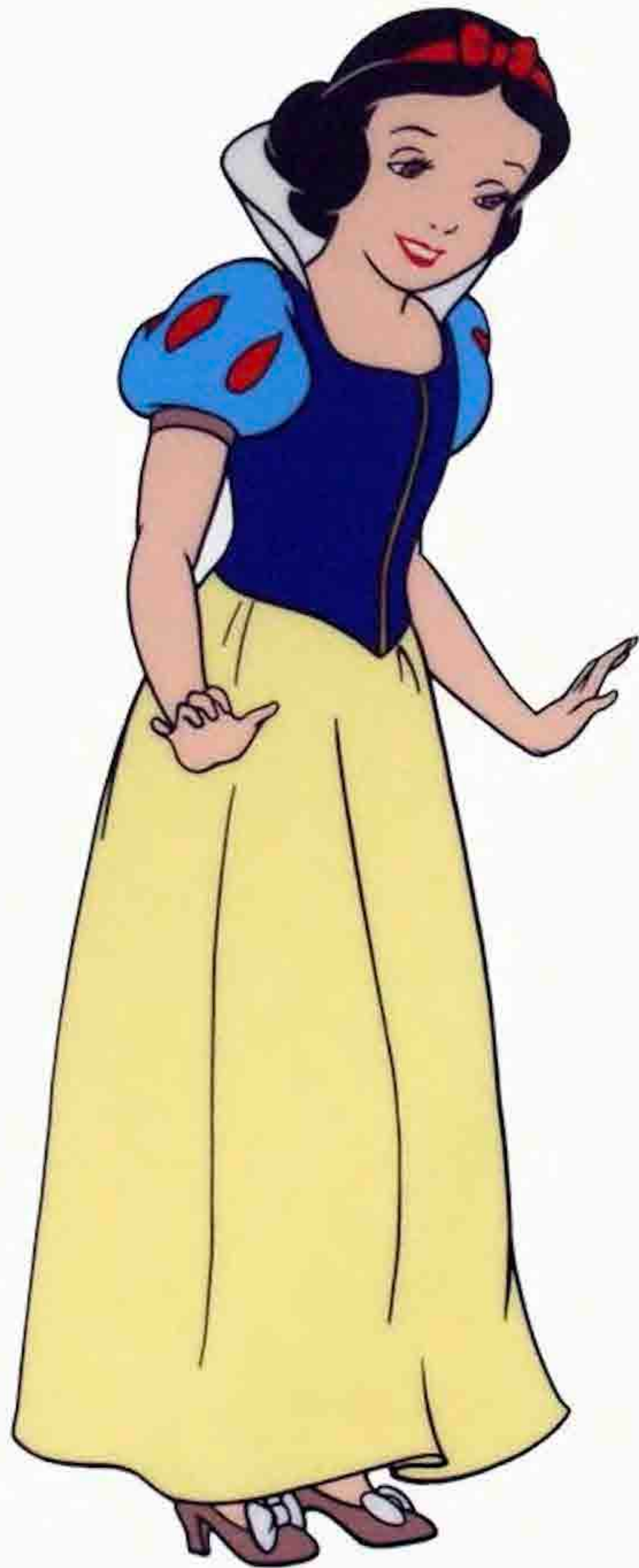
**Drive - Thru
Viewing**



J
**FUNERAL
CHAPEL**









Slow Movement



Tempo
Giusto



Slow Food

Slow Technology

Slow Gaming

Slow Architecture

Slow Exercise

Slow Leadership

Slow Journalism

Slow Parenting

Slow Cinema

Slow Sex

Slow Radio

Slow Cities

Slow Medicine

Slow TRAVEL

Slow Fashion

Slow Education

Slow Finance

Slow TV

Slow Science

Slow Design

Slow Politics

Slow Cosmetics

Slow Media

Slow Art

Slow Retail

Slow Universities

The Economist

“Mastering the clock of
business is about choosing
when to be FAST and when
to be SLOW.

The Economist

The Economist



SEX



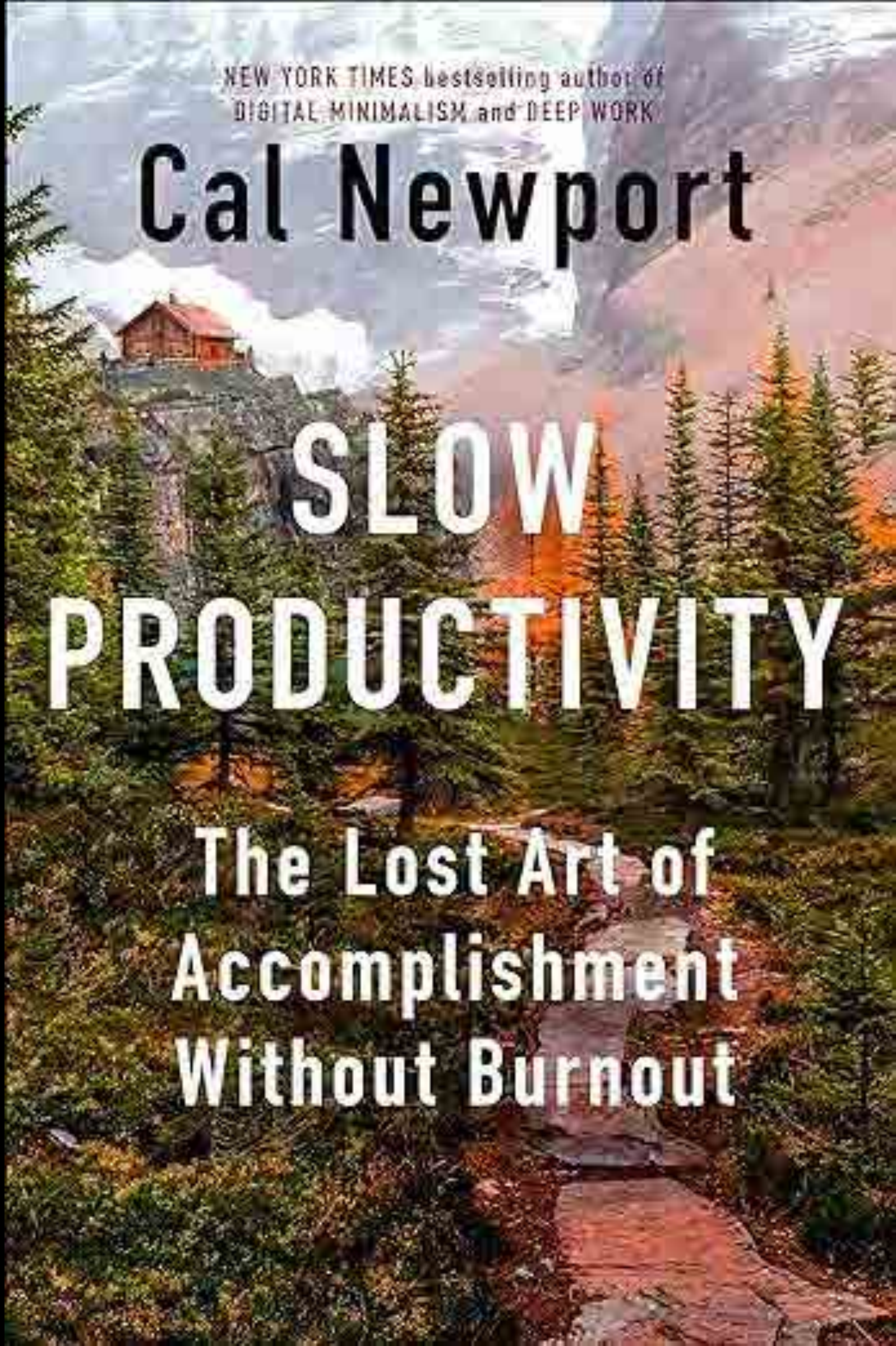
SEX



work

“.....choosing when to
be SLOW.”

The Economist

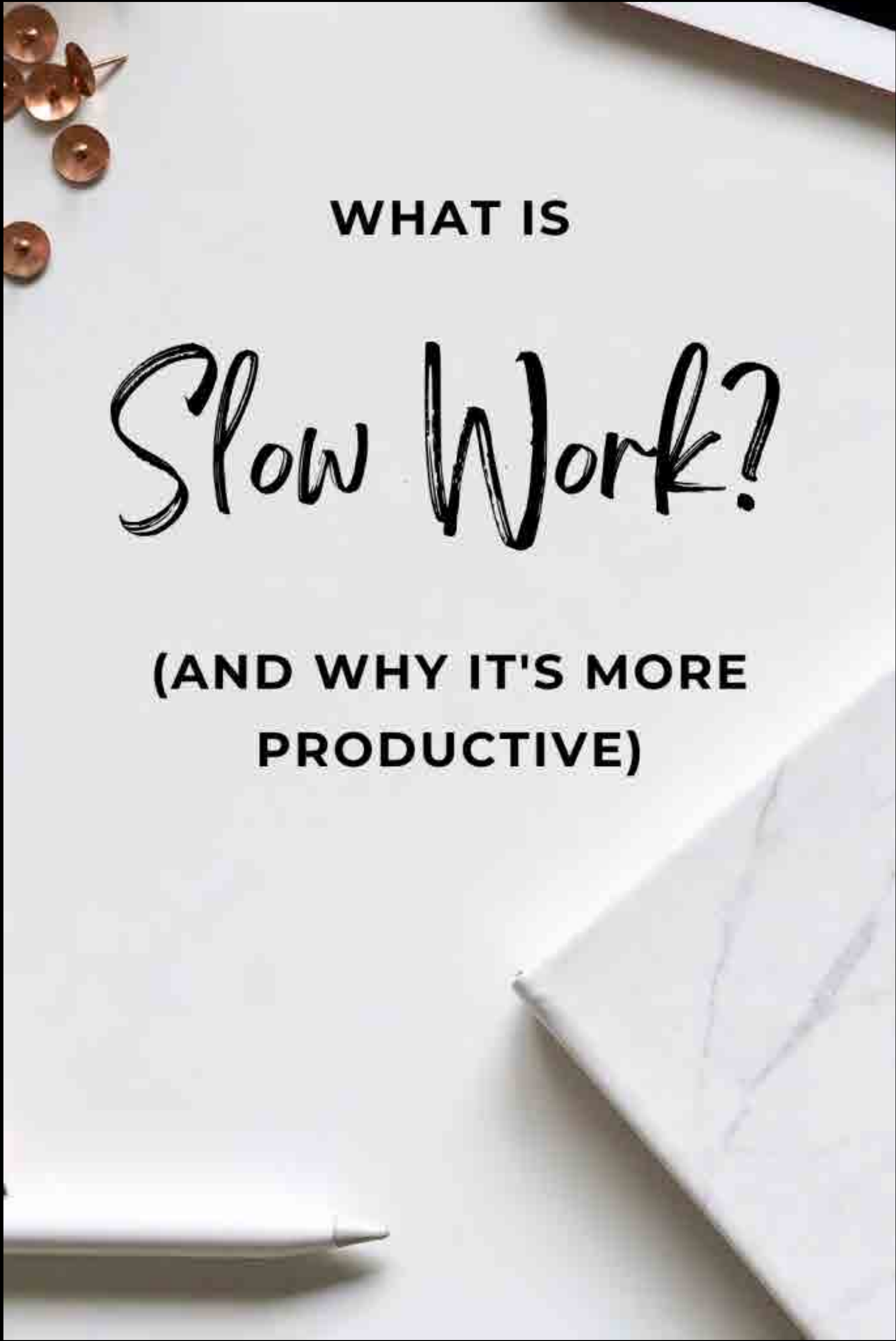
The book cover features a scenic photograph of a mountain landscape. In the foreground, a stone path leads through a field of low-lying vegetation. The middle ground is filled with a dense forest of evergreen trees. In the background, a small wooden cabin with a red roof sits on a rocky outcrop, surrounded by more trees. The sky is filled with soft, white clouds. The overall color palette is natural and serene, with greens, browns, and soft blues.

NEW YORK TIMES bestselling author of
DIGITAL MINIMALISM and DEEP WORK

Cal Newport

SLOW PRODUCTIVITY

**The Lost Art of
Accomplishment
Without Burnout**



WHAT IS

Slow Work?

(AND WHY IT'S MORE
PRODUCTIVE)

SLOW BUSINESS

Ralentir au travail et en finir
avec le temps toxique



EYROLLES

Inc.

STRATEGY

**Strategic slowness is
the next big trend,
says Stanford professor**



#1

Work less



Work better





00:00 / 00:29



#2

Take breaks



'A lifetime's worth of wisdom'
Steven D. Levitt, co-author of *Freakonomics*

The International
Bestseller

Thinking,
Fast and Slow



Daniel Kahneman
Winner of the Nobel Prize



When do your best ideas usually
come to you?



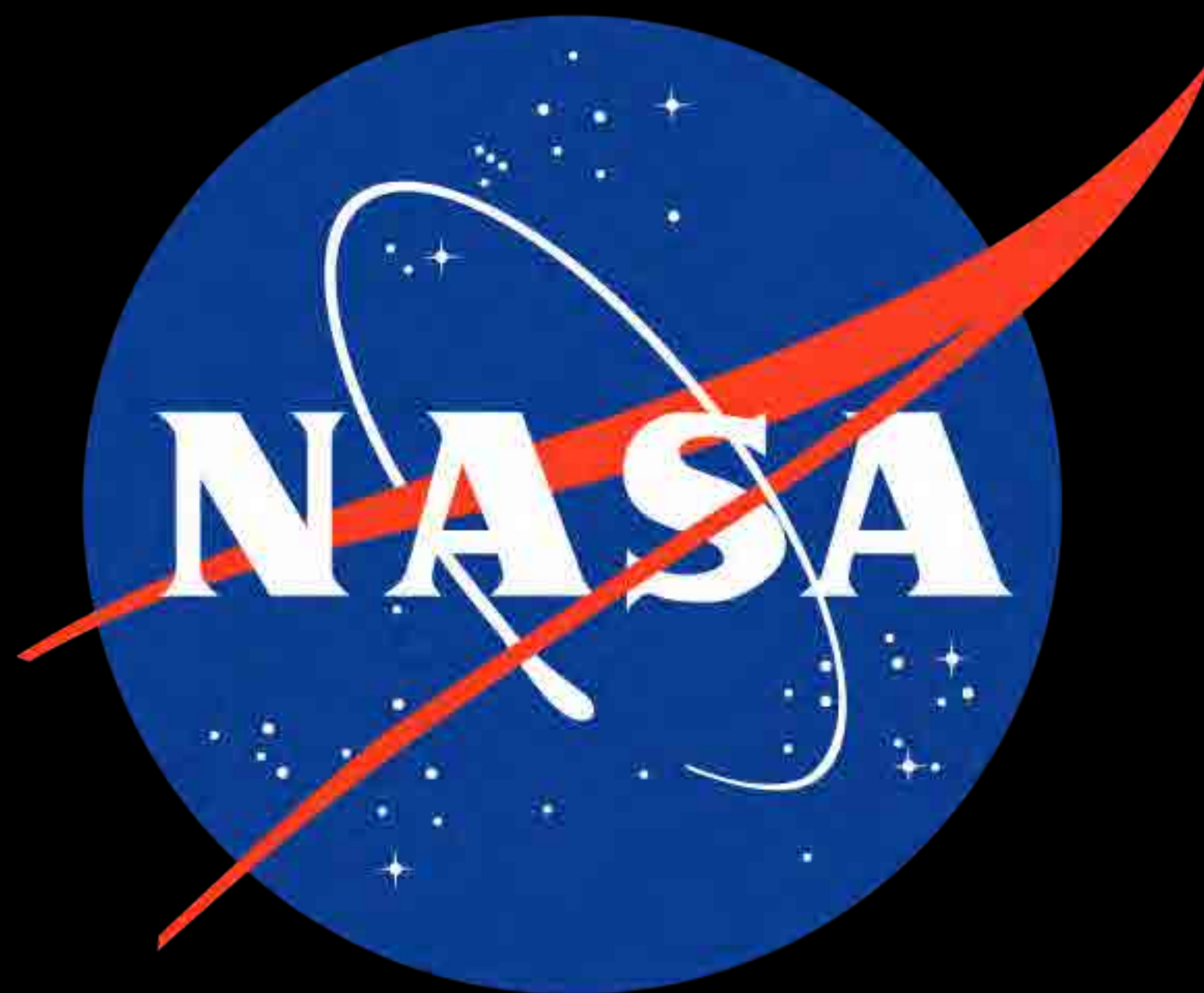
QUIET
ROOM

VAC

USE

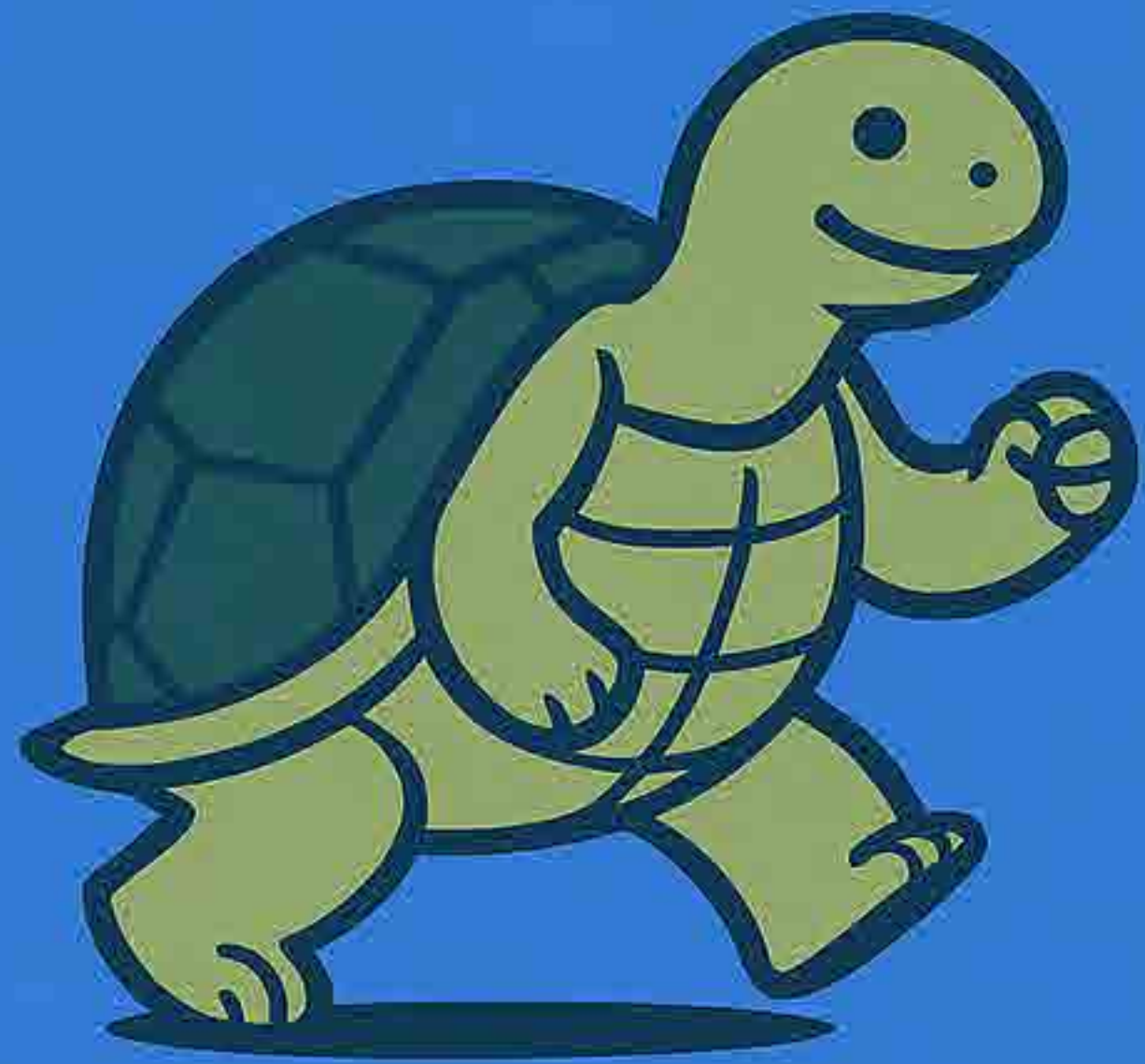








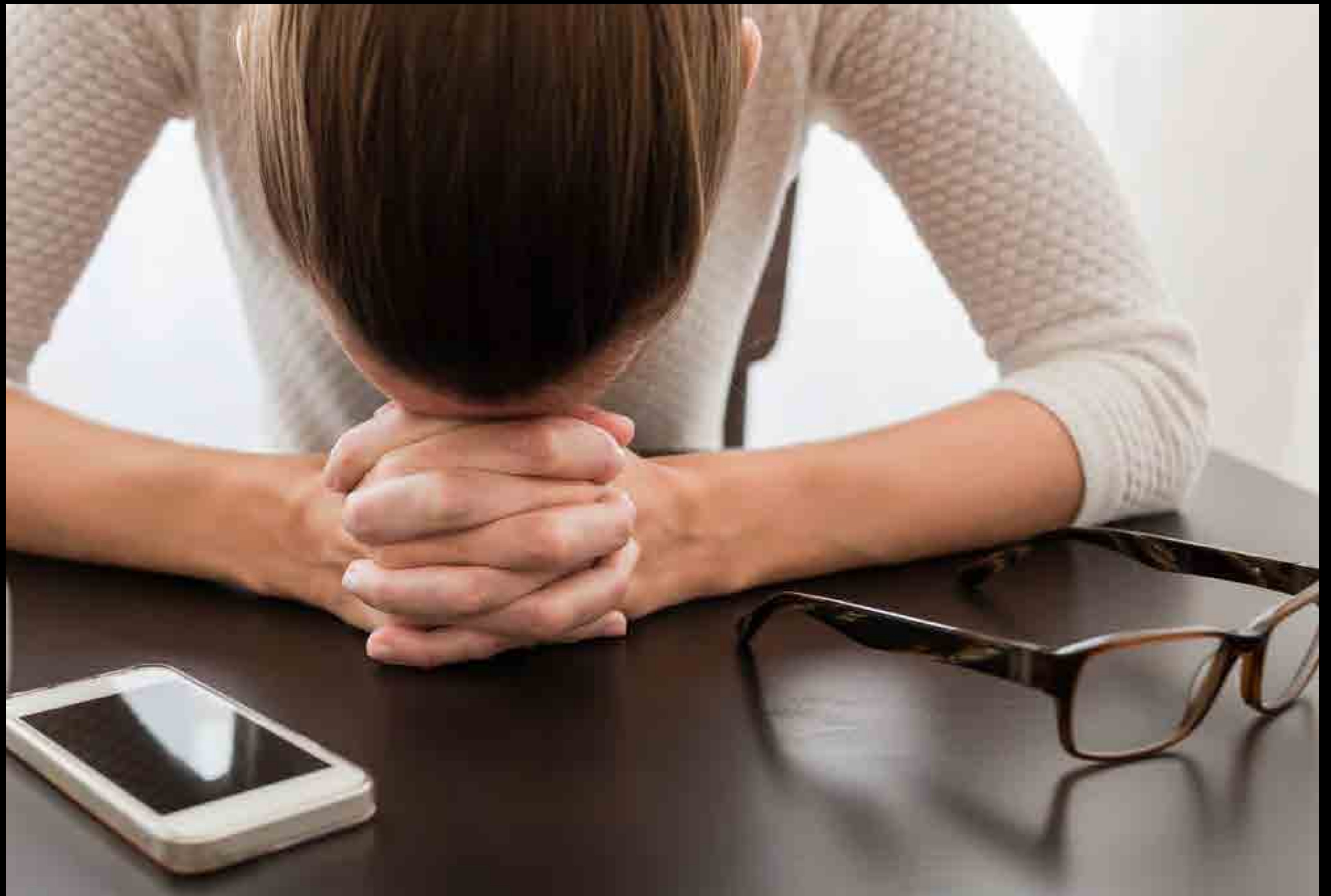
Delicious Paradox



#3

Unplug







“Multitasking is **NOT** humanly possible.”

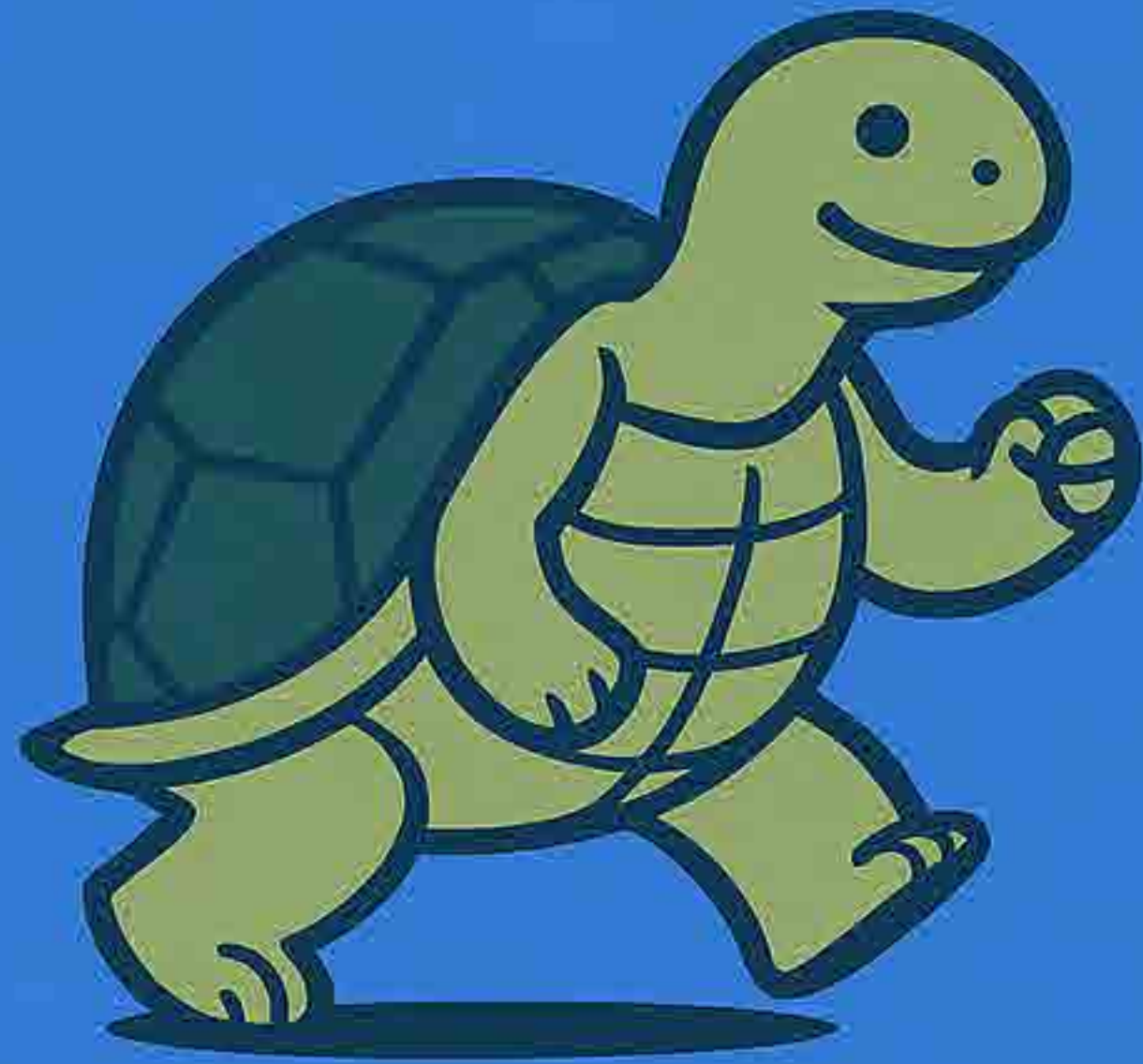
E. K. Miller

Professor of Neuroscience

M.I.T.



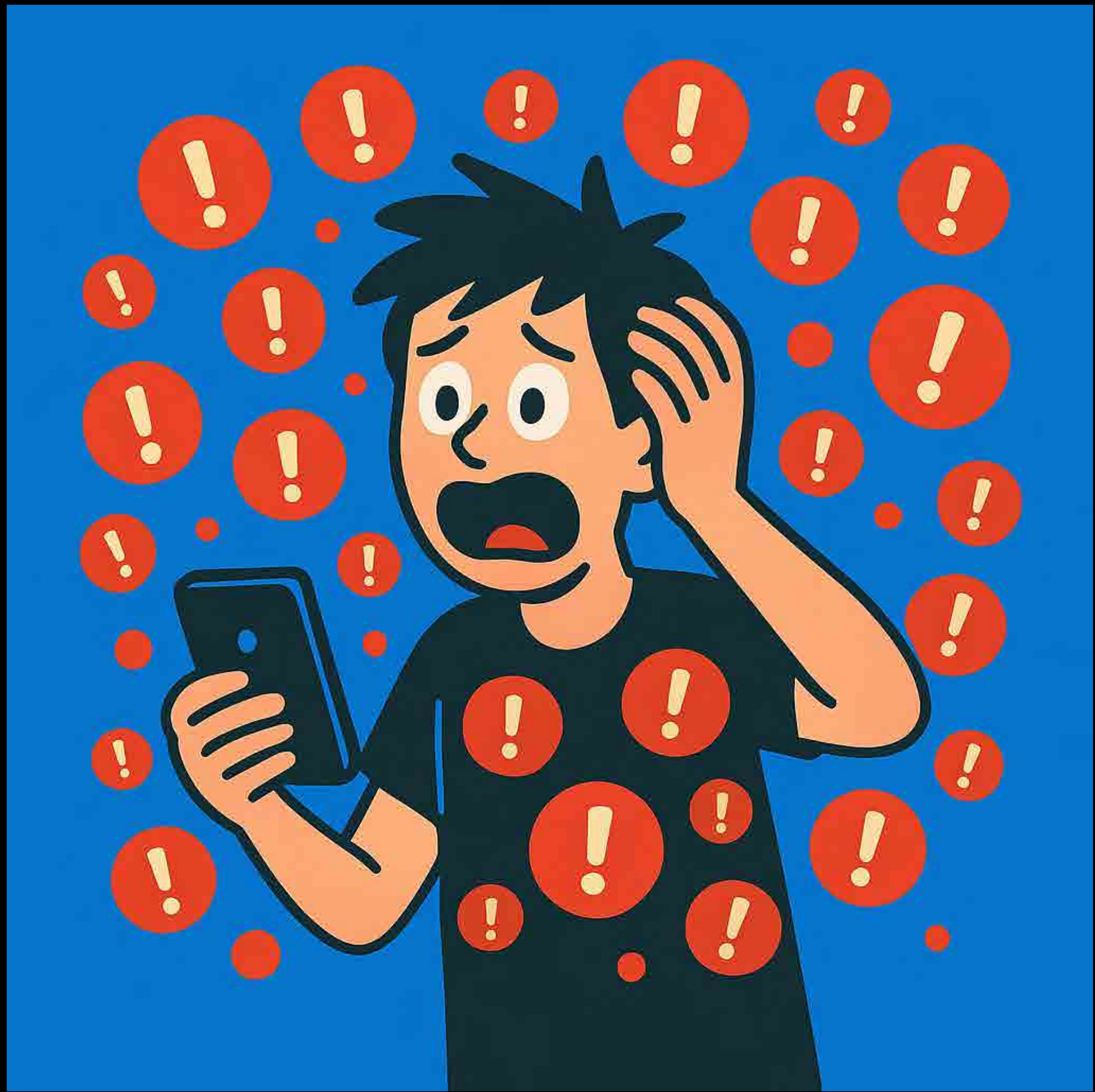
Delicious Paradox







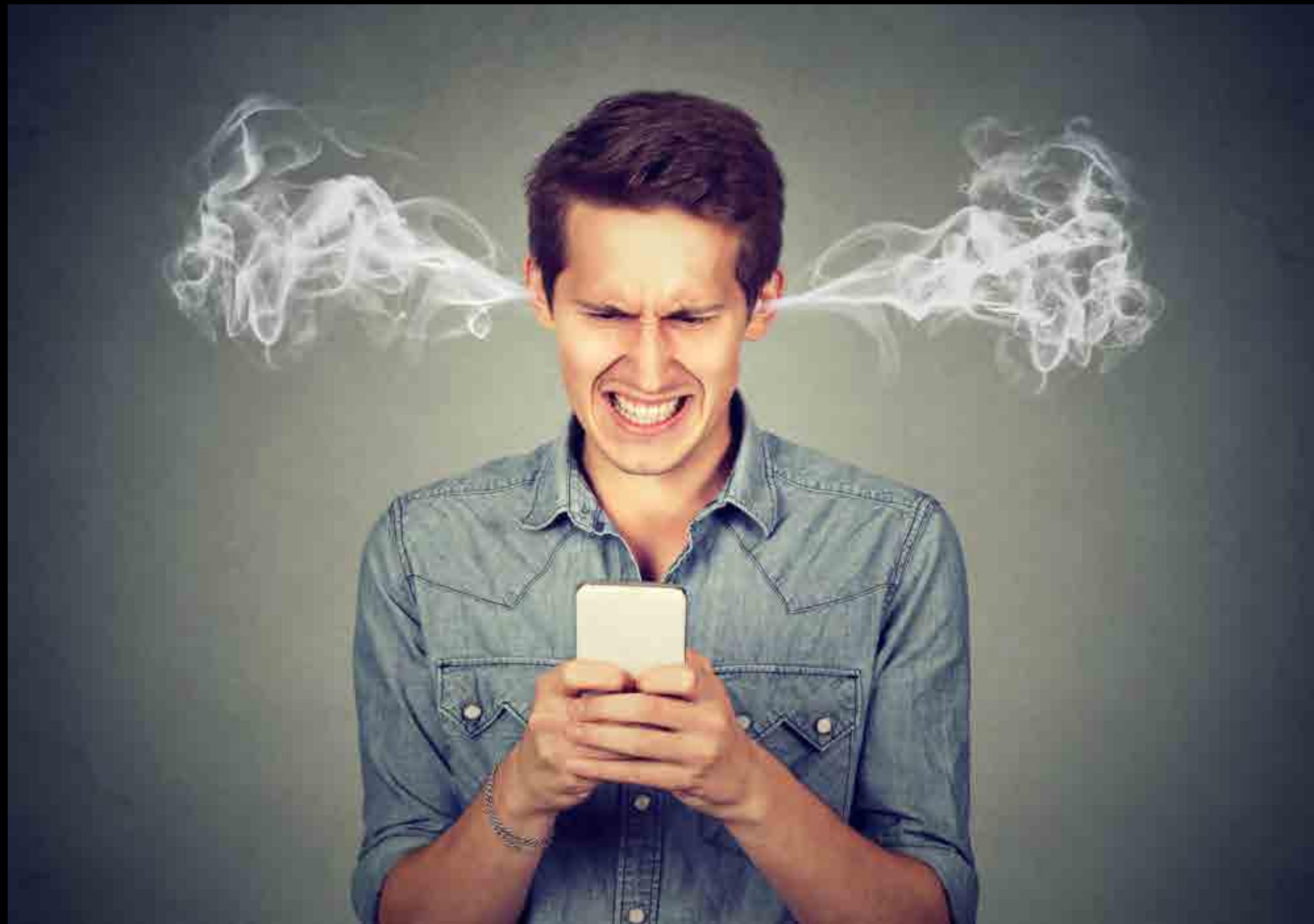












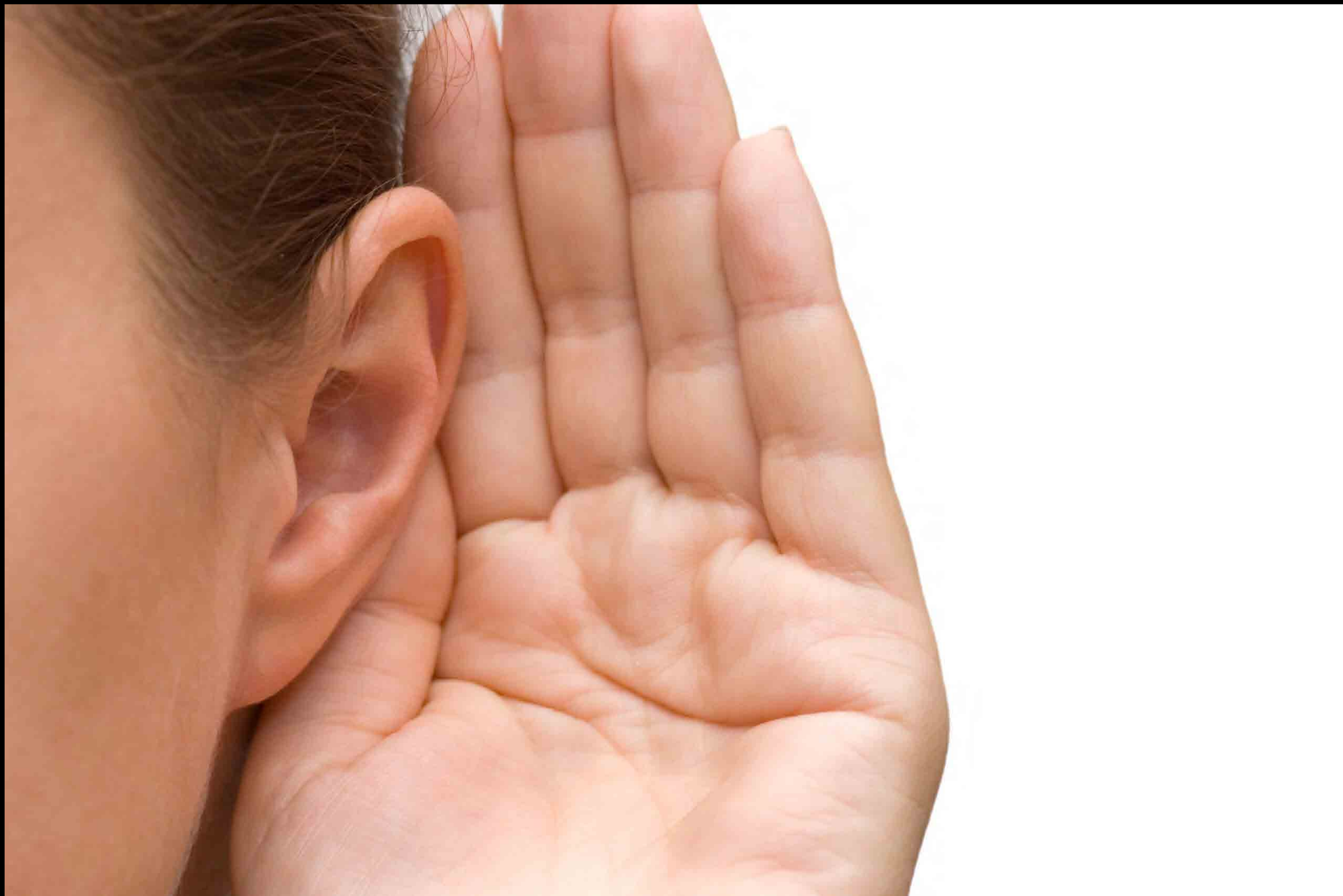






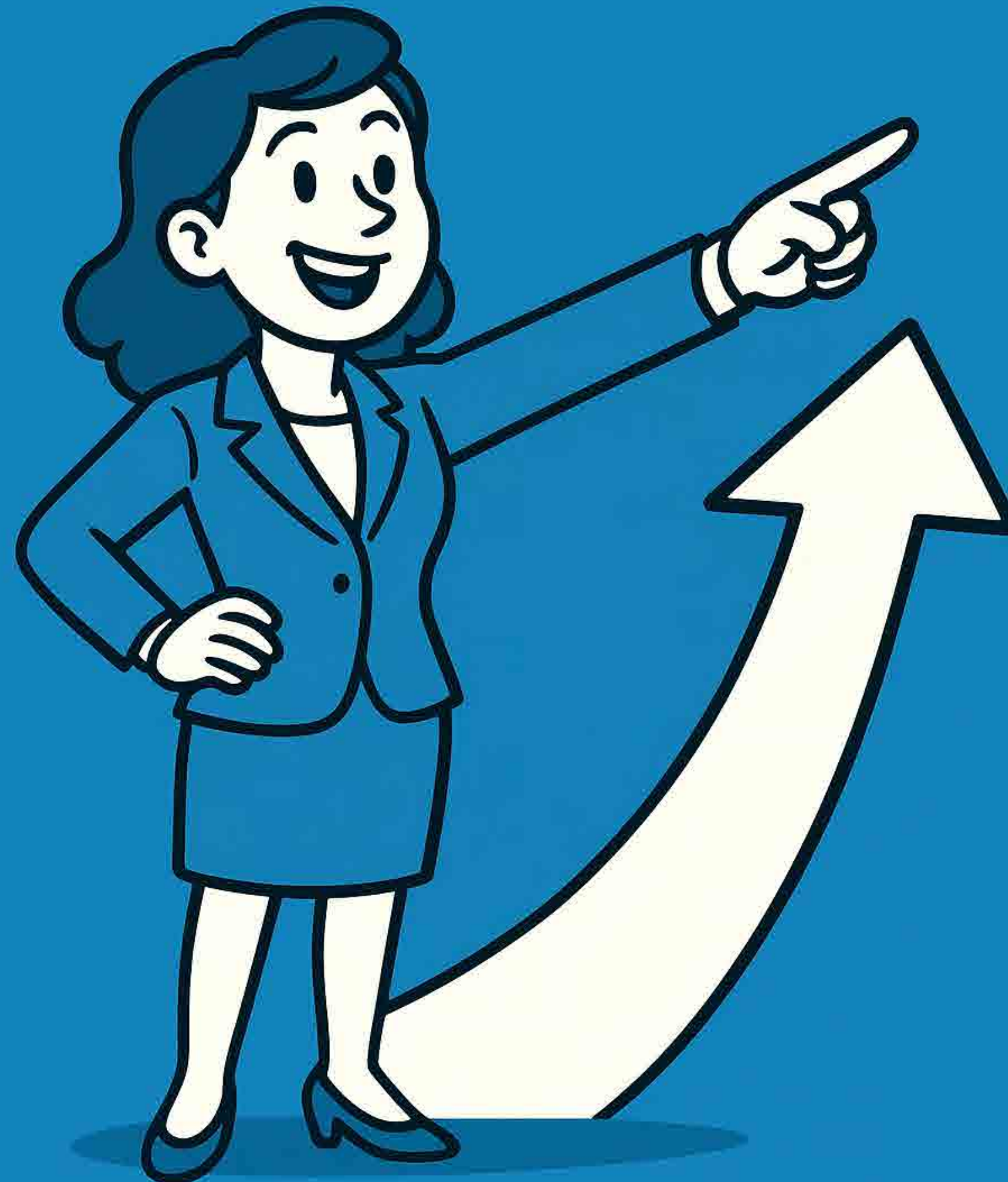
#4

Listen





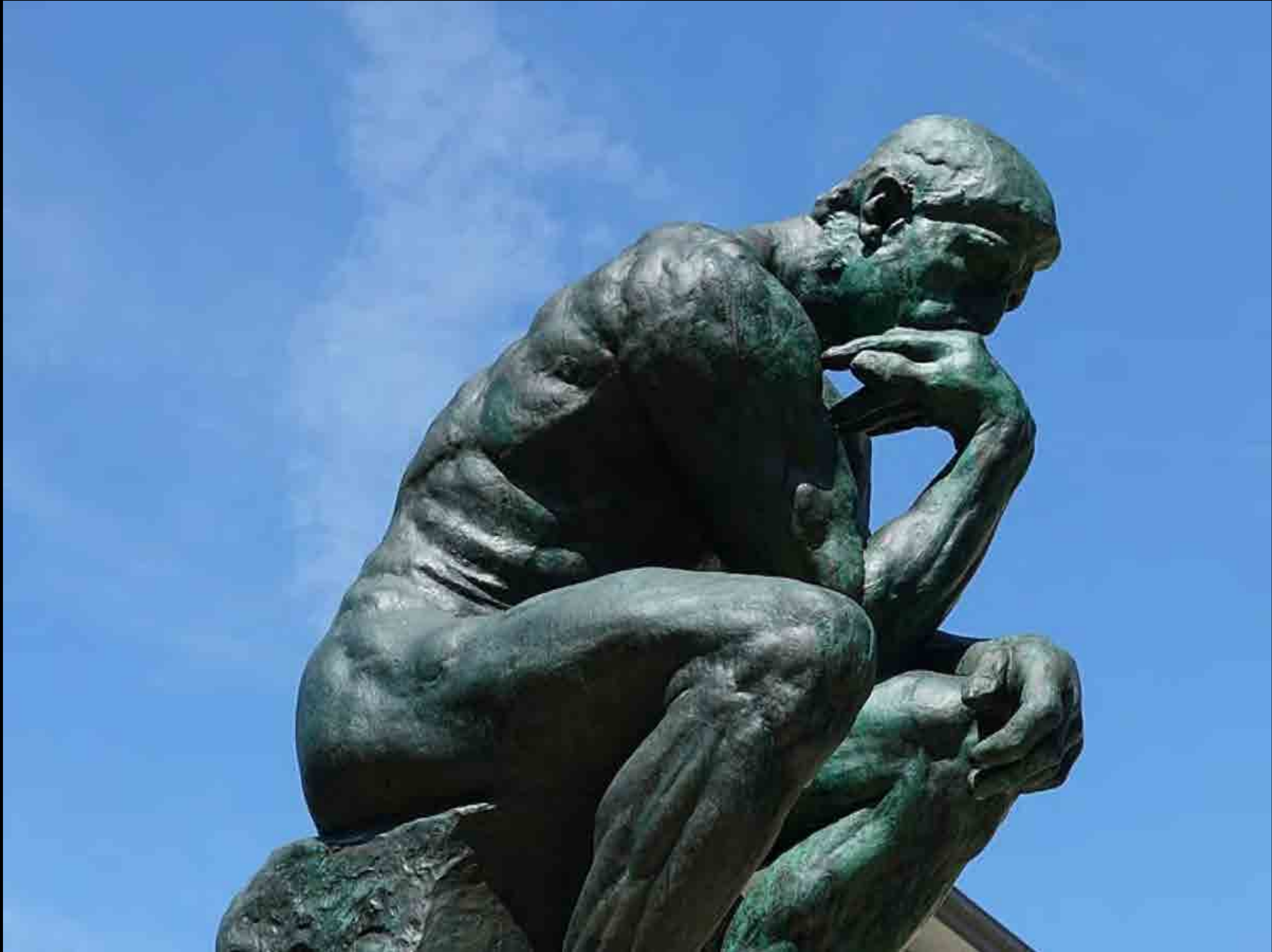
LEADERSHIP



Google

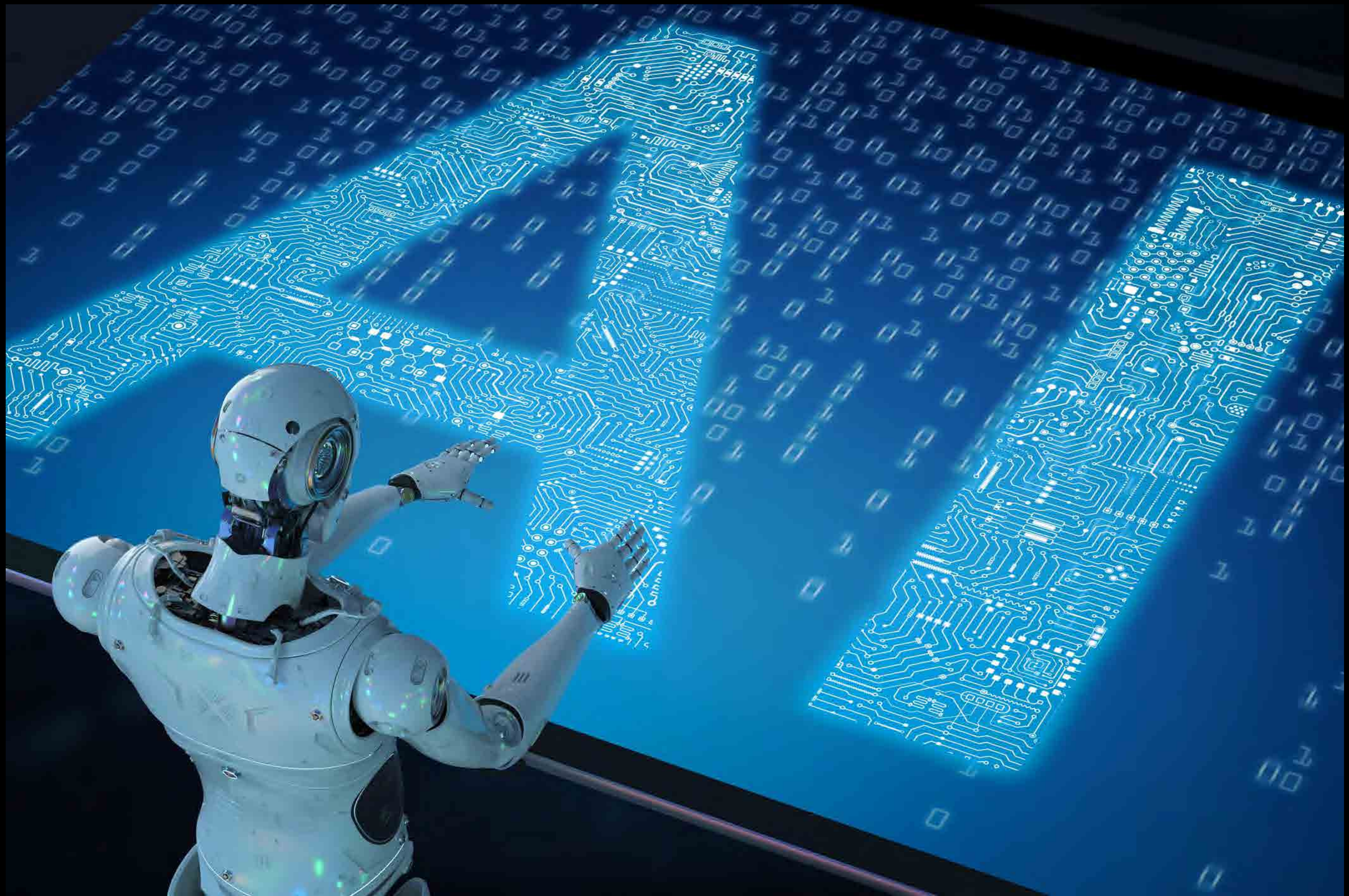
#5

REFLECT



'SLOW' WORK

1. Work less, work smarter
2. Take breaks
3. Unplug
4. Listen
5. Reflect

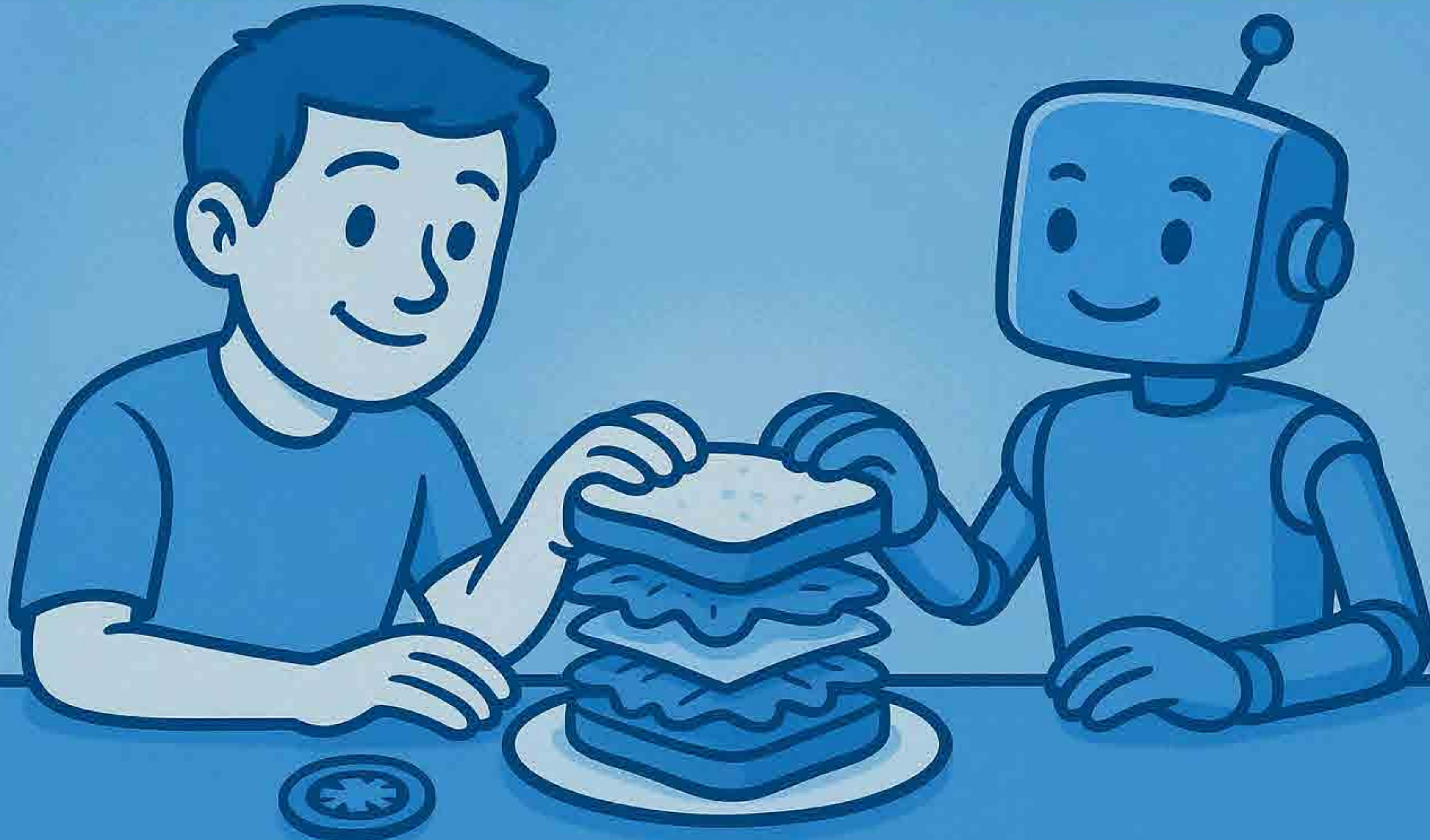


“...when to be FAST
and when to be SLOW.

The Economist

SLOW

FAST







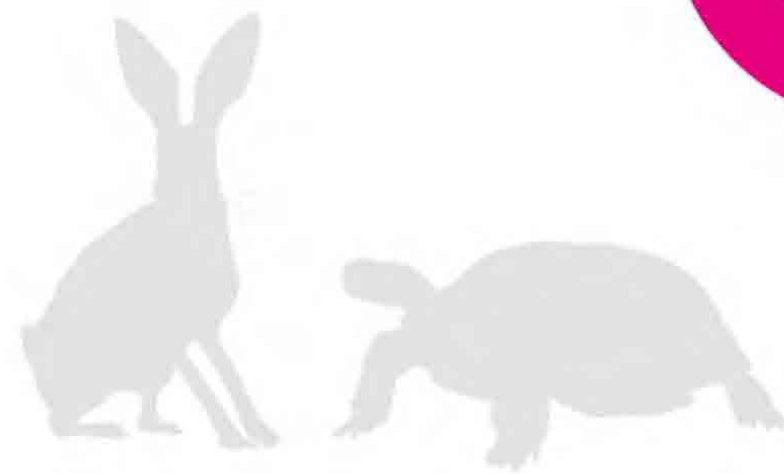
THE INTERNATIONAL BESTSELLER

in praise of

SLOW

HOW A WORLDWIDE MOVEMENT IS CHALLENGING
THE CULT OF SPEED

OVER
HALF A
MILLION
COPIES
SOLD



CARL HONORÉ



SLOW

www.carlhonore.info