



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

Cecile Andrews

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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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