

# Download Take Your Time The Wisdom Of Slowing Down

Take Your Time: The Wisdom of Slowing Down is full of pearls for a calm and joyful life. On my special bookshelf to read each year. Not just once, as once is never enough! On my special bookshelf to read each year. Take Your Time: The Wisdom of Slowing Down and millions of other books are available for Amazon Kindle. Learn more Enter your mobile number or email address below and we'll send you a link to download the free Kindle App. This beautiful little book captures the very essence of what our frantic, stressful lives could become if we would simply take the time to slow down. Eknath Easwaran once again offers simple words of wisdom for a complicated world. Table of Contents; The Gift of Time; 1 Take Your Time; 2 Slowing Down; 3 One Thing at a Time; 4 Finding Balance; 5 Living in Freedom; 6 Time for Relationships; 7 A Higher Image; 8 The Still Center; Passage Meditation; Index.