

Title:

Slow Down, You Move Too Fast

Word Count:

664

Summary:

Everyone agrees that the modern world is hectic and busy. Most of our days are packed full of

The only way to relieve stress and pressure is to step off the fast-track o...

Keywords:

inspiration, motivation, self help, success, self improvement, goal, visualization, happiness

Article Body:

Everyone agrees that the modern world is hectic and busy. Most of our days are packed full of

The only way to relieve stress and pressure is to step off the fast-track of the modern world

First, giving yourself permission to relax and feel groovy for a while can be wonderfully reju

Set aside just 10 minutes of "me time" every day. Try to locate the time during a point in the

Experiment with various ways to spend your "me time". It isn't really important how you spend

The modern person is often extremely performance-oriented and driven by success and competitio

Finally, taking some "time out" once in a while will also give us a chance to think and dream.

So slow down starting today and give yourself the gift of time to enjoy the world around you,

When was the last time you felt groovy? Slowing down can help you feel groovy again by helping

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