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# Elogio De La Lentitud/the Praise Of Moving Slow (Spanish Edition)



## Synopsis

Life is getting faster, no doubt about it. We rush everything: we eat fast food, have quickie sex, drive like maniacs, and compete hard for fast-paced jobs. Why are we always in such a rush? What is the cure for time-sickness? Is it possible, or even desirable, to slow down? The big secret is that slower people succeed, and slow often works better than fast. In *Praise of Slowness* traces the history of our increasingly breathless relationship with time, and tackles the consequences and conundrum of living in this accelerated culture of our own creation. With chapters on food, transportation, meditation and exercise, medicine, sex, work, and parenting, London-based journalist, Honor shows us the benefits of slowness. Description in Spanish: ¿Por qué tenemos siempre tanta prisa? ¿Cómo se cura esa auténtica enfermedad que es nuestra actitud ante el tiempo? ¿Es posible, e incluso deseable, hacer las cosas con más lentitud? Vivimos en la era de la velocidad. El mundo que nos rodea se mueve con más rapidez de lo que jamás lo habíamos hecho. Nos esforzamos por ser más eficientes, por hacer más cosas por minuto, por hora, cada día. Desde que la revolución industrial hizo avanzar al mundo, el culto a la velocidad nos ha empujado hasta el punto de ruptura. Esta obra rastrea la historia de nuestra relación cada vez más dependiente del tiempo, y aborda las consecuencias y la dificultad de vivir en esta cultura acelerada que hemos creado.

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