

# IN PRAISE OF S L O W

*How a Worldwide Movement  
is Challenging the Cult of Speed*

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## NOTES

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AVERAGE AMERICAN NOW PUTS IN 350 HOURS MORE: John De Graaf, Take Back Your Time Day website [www.timeday.org](http://www.timeday.org).

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## RESOURCE LIST

I read many books and articles for my research into speed, time and slowness. Below are those that stood out. Though some are academic, most are aimed at the general reader. Farther down is a list of useful websites. These are a good starting point for exploring the benefits of slowness and for connecting with people who are slowing down.

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MAGAZINES

Kingwell, Mark. "Fast Forward: Our High-Speed Chase to Nowhere."  
*Harper's Magazine*, May 1998.

WEBSITES

*General*

[www.zeitverein.com](http://www.zeitverein.com) (Society for the Deceleration of Time, Austria)  
[www.slothclub.org/indexo2.html](http://www.slothclub.org/indexo2.html) (Japan)  
[www.slow-life.net](http://www.slow-life.net) (Japan)  
[www.longnow.org](http://www.longnow.org) (US)  
[www.simpleliving.net](http://www.simpleliving.net) (US)

*Food*

[www.slowfood.com](http://www.slowfood.com) (Italy)  
[www.farmersmarkets.net](http://www.farmersmarkets.net) (UK)  
[www.cafecreosote.com/Farmers\\_Markets/index.php3](http://www.cafecreosote.com/Farmers_Markets/index.php3) (US)  
[www.marketplace.chef2chef.net/farmer-markets/canada.htm](http://www.marketplace.chef2chef.net/farmer-markets/canada.htm)  
(Canada)

*Cities*

[www.matogmer.no/slow\\_cities\\_citta\\_slow.html/](http://www.matogmer.no/slow_cities_citta_slow.html/)  
(Slow Cities, Italy)  
[www.homezones.org](http://www.homezones.org) (UK)  
[www.newurbanism.org](http://www.newurbanism.org) (North America)

*Mind/Body*

[www.tm.org](http://www.tm.org) (Transcendental Meditation, US)  
[www.webcom.com/~imcuk/](http://www.webcom.com/~imcuk/) (International Meditation Centres)  
[www.qi-flow-golf.com](http://www.qi-flow-golf.com) (Chi Kung for golfers, UK)  
[www.superslow.com](http://www.superslow.com) (Exercise, US)

*Medicine*

[www.pitt.edu/~cbw/altm.html](http://www.pitt.edu/~cbw/altm.html) (Complementary and Alternative  
Medicine, US)  
[www.haleclinic.com](http://www.haleclinic.com) (UK)  
[www.slowhealing.com](http://www.slowhealing.com) (UK)

RESOURCE LIST

*Sex*

[www.slowsex.it](http://www.slowsex.it) (Italy)

[www.tantra.com](http://www.tantra.com) (US)

[www.diamondlighttantra.com](http://www.diamondlighttantra.com) (UK)

*Work*

[www.swt.org](http://www.swt.org) (Shorter Work Time Group, US)

[www.worktolive.info](http://www.worktolive.info) (US)

[www.employersforwork-lifebalance.org.uk](http://www.employersforwork-lifebalance.org.uk) (UK)

[www.worklessparty.ca](http://www.worklessparty.ca) (Canada)

[www.timeday.org](http://www.timeday.org) (US)

*Leisure*

[www.tvturnoff.org](http://www.tvturnoff.org) (US)

[www.ausweb.scu.edu.au/awo1/papers/edited/burnett/](http://www.ausweb.scu.edu.au/awo1/papers/edited/burnett/) (Slow Reading, Canada)

[www.tempogiusto.de](http://www.tempogiusto.de) (Germany)

*Children*

[www.pdkintl.org/kappan/ko212hol.htm](http://www.pdkintl.org/kappan/ko212hol.htm) (Slow Schooling, US)

[www.nhen.org](http://www.nhen.org) (Home Education, US)

[www.home-education.org.uk](http://www.home-education.org.uk) (UK)

[www.flora.org/homeschool.ca](http://www.flora.org/homeschool.ca) (Canada)

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