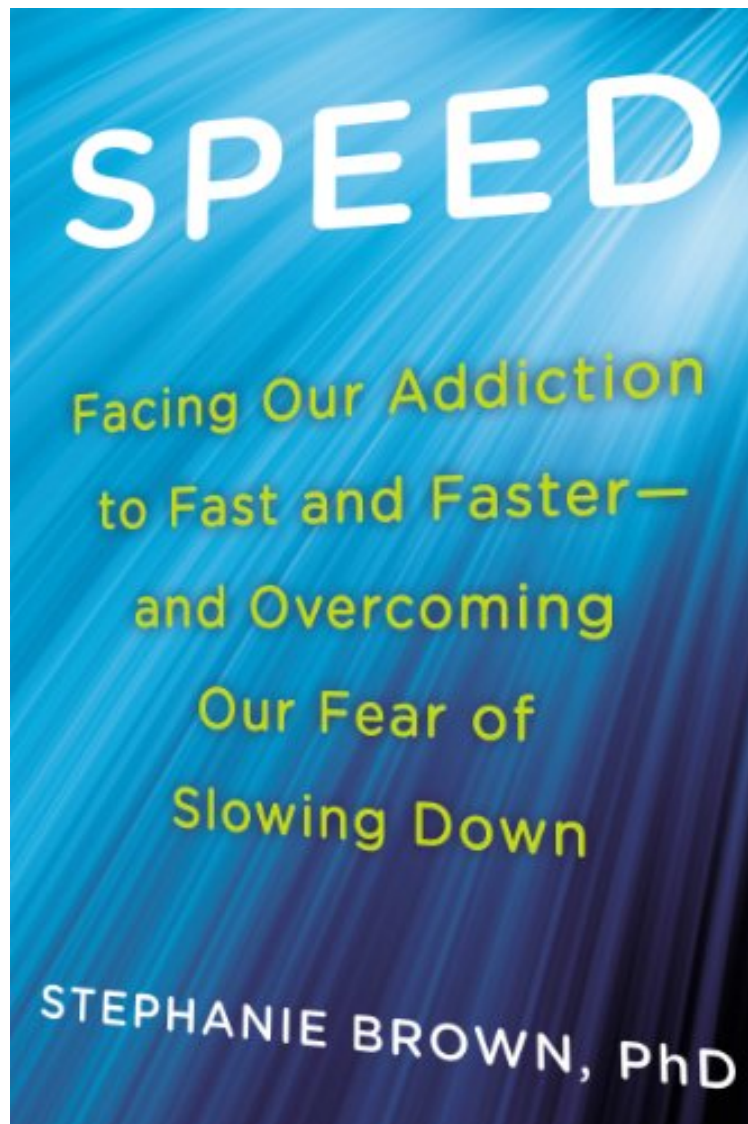


[Mobile book] Speed: Facing Our Addiction to Fast and Faster--And Overcoming Our Fear of Slowing Down

## Speed: Facing Our Addiction to Fast and Faster--And Overcoming Our Fear of Slowing Down

*Stephanie Brown Ph.D*

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**Stephanie Brown Ph.D : Speed: Facing Our Addiction to Fast and Faster--And Overcoming Our Fear of Slowing Down** before purchasing it in order to gage whether or not it would be worth my time, and all praised Speed: Facing Our Addiction to Fast and Faster--And Overcoming Our Fear of Slowing Down:

3 of 3 people found the following review helpful. Slow DownBy CustomerThis book is an excellent reminder that the more you speed up your life the less joy/satisfaction you get in the end. This subject is LONG overdue given the

"More is Better" mantra that people strive for today. Relax and smell the roses would be an appropriate subtitle for this book. The reminder in this book that children do not have to be ushered from one activity to another to become an expert at everything is important too. (What ever happened to free time?!) Nor does everyone have to be behind the steering wheel of the car on the Smartphone or walking down the street with cell phone in hand for texting or conversation! There was a time when the company of another was valued, especially company with one's own child. Today you see people talking on their cell phones or texting while sharing a dinner table with family or friends or taking a phone call from another while in conversation with those on the scene. SPEED has negative life impacting downsides and Dr. Brown does an excellent job of exposing these in her book. 0 of 0 people found the following review helpful. Pause. Take a breath. Reflect. By Customer With those words, Dr. Brown gives us all a simple tool for slowing down in a society that values success and the speeded up life it requires to achieve it. A simple tool, yes, but not easy to utilize. Thank goodness she leads us through a process that helps us make the changes necessary to slow down. In addition to "Pause. Take a breath. Reflect," we are urged to ask ourselves, "What am I doing." That straightforward question, if answered forthrightly, can help open us to deep self-reflection. And I appreciate how she focuses on not just the cognitive/thinking component, but on the emotional/feeling and behavioral aspects. Dr. Brown has brilliantly taken the AA approach and her own beautifully conceptualized model of recovery from addiction and applied it to our "fast and faster" lives, helping us see how we become addicted to speed. And the connection to who we are as a country/society and how we got to this place (of entitlement and individualism) is so intriguing. Reading Dr. Brown's book has definitely made me think and reflect on my life, past and present. I admire and am in awe of her wonderful mind...and talent, as a conceptualizer (if that's a word), as a writer and as a therapist supporting people's journey out of addiction. My hope is that people who have even a hint that they may be addicted to speed will read this book, see themselves in the stories she tells and utilize her model to begin their own journey of recovery. 1 of 1 people found the following review helpful. Required Reading By livenow It is very rare when every page of a book is excellent. Dr. Stephanie Brown has created a brilliant resource for patients and clinicians working with addiction. Every chapter of this book provides honest, practical and useful insight that helps the reader deal with the difficult road of recovery. Dr. Brown weaves together science, experience and theory to create a step by step approach to health. I have used the book personally, professionally and would recommend it to any clinician who wants more insight into this field. It takes courage to deal with the subject of our society's addiction to 'speed' and Dr. Brown does this with graciousness and compassion. I believe this book to be required reading for anyone involved in this field.

MORE, BETTER...SLOWER. Feeling rushed, out of control, and overwhelmed? Feeling like you can't keep up...and can't stop? It's not just you. From the need to be constantly connected and the changing definition of "work hours," to unrealistic expectations of instant gratification, our bodies and brains are being harmed by habits that, as with any kind of addiction, promise short-term satisfaction while doing long-term damage. As a psychologist and addiction expert who practices in Silicon Valley, Stephanie Brown sees firsthand the impact of ever-faster technology and the culture it has spawned. She knows it's affecting us mentally, physically, and spiritually. In this groundbreaking book, she explores how our beliefs and behaviors are being shaped by the seemingly limitless new world we've entered in recent years—and why faster doesn't always equal better. Dr. Brown offers a step-by-step plan for breaking out of the speed trap. With practical guidelines, she shows us how to ease up on the gas pedal and reconnect with ourselves, learning to accept—and value—our limitations as human beings, reduce our stress levels, and free ourselves from our counterproductive obsession with speed. From the Trade Paperback edition.

About the Author Stephanie Brown, PhD, a licensed psychologist with more than thirty-five years of clinical experience, is also a teacher, a researcher, and a consultant in the field of addiction. An internationally recognized expert on the trauma and treatment of alcoholics, all addicts, and their families, she is especially known for her pioneering work in the theory and treatment of adult children of alcoholics. She is the author of a number of books on the subject of addiction, lectures widely, maintains a private practice, and directs the Addictions Institute, an outpatient clinic in Menlo Park, California.