



Slow Time: Recovering the Natural Rhythm of Life

Waverly Fitzgerald

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Slow Time: Recovering the Natural Rhythm of Life Waverly Fitzgerald

Focusing on the differences between natural and artificial time, Waverly Fitzgerald provides a twelve-week program that guides the reader through various periods of time from the moment to the lifetime, describing the history of how time has been defined and suggesting ways readers can enjoy more time in their lives.



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