



# The Art of Slowing Down

*Edward Yu*

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## **The Art of Slowing Down** Edward Yu

Why does trying harder sometimes become an exercise in futility? Why does following "expert advice" often lead to little or no improvement? What if there were an eminently efficient way of learning that could be applied to every area of human experience? Drawing from Feldenkrais, Bagua and Taichi, *The Art of Slowing Down* presents a highly innovative approach to running. Power, speed, coordination and agility are less related to willpower or "God-given" talent than they are to how well you can sense your own body. Running faster can, in this light, be seen as an issue of learning to become more sensible--that is, more sense-able--through playful and systematic exploration of movement.

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Spent a free time and energy to be fun activity to do! A lot of people spent their leisure time with their family, or their very own friends. Usually they accomplishing activity like watching television, going to beach, or picnic in the park. They actually doing same task every week. Do you feel it? Do you need to something different to fill your current free time/ holiday? Could possibly be reading a book could be option to fill your cost-free time/ holiday. The first thing that you ask may be what kinds of book that you should read. If you want to try look for book, may be the reserve untitled The Art of Slowing Down can be great book to read. May be it may be best activity to you.

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