


# 101 ways to save time in our 24/7 world of technology – a practical guide for achieving a saner, slower life.

## The POWER of SLOW



101 Ways to  
Save Time in Our  
24/7 World

Christine Louise Hohlbaum

Hardcover  
\$24.99 / \$31.99 Can.  
0-312-57048-1  
978-0-312-57048-4  
5 ½ x 8 ¼

Includes 12 b&w cartoons throughout

Available wherever books are  
sold November 2009

To order, call 1-888-330-8477

For review copies, contact  
[Rachel.Ekstrom@StMartins.com](mailto:Rachel.Ekstrom@StMartins.com)

Corporate discounts are available for  
bulk orders. Contact  
[Raquel.Avila@Macmillan.com](mailto:Raquel.Avila@Macmillan.com)

 St. Martin's Press

Getting to the heart of our hassled and over-scheduled existence, **Christine Louise Hohlbaum** cheerfully investigates 101 ways to increase our quality of life and productivity by reevaluating how we perceive and use time. She claims that everyone has their own personal bank account of time. We cannot control time itself, but we can manage the activities within the time we do have. ***The Power of Slow*** gives readers practical, concise directions to change the relationship they have with time and debunks the myths of multitasking, speed, and urgency as the only ways to efficiency.

Tips include:

- Close all computer windows except the one you need to do your job
- Manage expectations
- Declare gadget-free zones
- Learn to delegate
- Know when your plate is full
- Save your favorite tasks for last to avoid procrastination

***The Power of Slow*** will help readers identify areas in need of improvement, show them how to become more efficient and less frazzled at work and at home, and illustrate how to live a better, more balanced life.

---

"***The Power of Slow*** is a welcome riposte to our fast-forward culture. With wit and wisdom, Hohlbaum shows us how to reset our metronomes and reinvent our lives."

—**Carl Honoré**, author of  
*In Praise of Slow* and *Under Pressure*

"In the fast-paced world of Blackberrys, iPhones, and Twitter, it's hard to find one's footing. In an easy-to-read style, Ms. Hohlbaum has described a process of slowing down that is so very important to our wholeness, balance, and well being.

She does so in a poetic and sometimes humorous way... **I highly recommend this book to help anyone who wants to stay healthy, sane, and enjoy life more fully.**"

—**Bonnie Michaels**, work-life balance expert and author of  
*Solving the Work/Family Puzzle* and  
*A Journey of Work-Life Renewal*

"Presents a convincing case for slowing down in a multi-tasking world: to reboot one's natural rhythm for the sake of health and happiness... **Christine makes it practical and easy. What are you waiting for? Slow Down....**"

—**Debbie Mandel**, author of *Addicted to Stress*