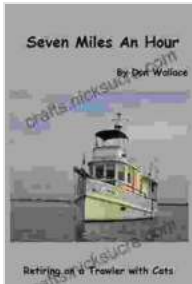


# Seven Miles An Hour: Embracing the Slow Lane for a Richer Life



## Seven Miles An Hour: Retiring on a Trawler with Cats

by E.P. Marcellin

★★★★☆ 4.4 out of 5

Language : English  
File size : 9496 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 153 pages  
Lending : Enabled



In the whirlwind of modern life, Seven Miles An Hour offers a refreshing perspective, encouraging us to slow down and rediscover the beauty and meaning in the everyday.

### What is Seven Miles An Hour?

Seven Miles An Hour is a movement that encourages people to slow down and live a more intentional life. It's based on the belief that by slowing down, we can appreciate the simple things in life, connect with our surroundings, and live more fulfilling lives.

The name "Seven Miles An Hour" comes from the average speed at which humans walk. It's a reminder that we don't need to rush through life. We can take our time and enjoy the journey.

## **The Benefits of Slowing Down**

There are many benefits to slowing down. When we slow down, we can:

- Reduce stress and anxiety
- Improve our sleep
- Boost our creativity
- Enhance our relationships
- Live more sustainably

In a world that's constantly telling us to go faster, it can be difficult to imagine slowing down. But it's worth it. When we slow down, we open ourselves up to a whole new world of possibilities.

## **How to Slow Down**

There are many ways to slow down. Here are a few tips:

- Start your day with a mindful practice, such as meditation or yoga.
- Take breaks throughout the day to relax and recharge.
- Spend time in nature, away from the hustle and bustle of everyday life.
- Connect with friends and family in person, rather than through social media.
- Take a digital detox from time to time.

Slowing down doesn't mean you have to stop being productive. It simply means that you're doing things at a more sustainable pace. When you slow

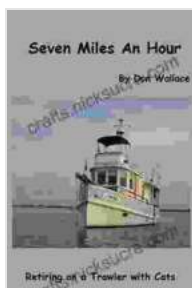
down, you can actually accomplish more, because you're not rushing and making mistakes.

## The Seven Miles An Hour Community

The Seven Miles An Hour community is a global network of people who are committed to living a slower, more intentional life. The community offers support and encouragement to its members, and provides resources to help people slow down.

If you're interested in learning more about Seven Miles An Hour, you can visit the website at [www.sevenmilesanhour.org](http://www.sevenmilesanhour.org).

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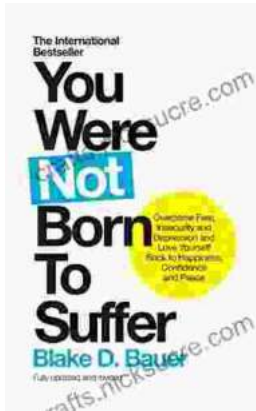
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