

LEAD WELL

BOOK REVIEW

Slowing Down to the Speed of Life

Carlson and Bailey

KEY PRINCIPLE

Become aware of when you are thinking is serving you and when it's taking you away from where you want to be – professionally and personally. You want to fully experience present moments vs. chronic distraction.

APPLICATION

Authors discuss how it is absurd the crazy pace at which most of us live. Causes our minds to spin in many directions. Causes all sorts of results from being a poor listener to having cluttered business strategies because we can't have focused thoughts. Professional projects cannot get completed well, personal relationships suffer, and our overall life experience is not what it could be. You are trying to force and speed up answers instead of creating thought strategies that allow them to come to you and unfold. The book unpacks various strategies to hone your thinking and create a capacity to focus and in the moment vs. thoughts always on high alert processing problems. One of the strategies is to know the difference between free flow thinking and processing.

The authors also highlight how low moods influence our thoughts and how to navigate them. Moods are simply fluctuations in quality of thinking. Be grateful in high moods and graceful in low moods. In low moods you tend to have a flurry of negative thoughts. Key is to acknowledge you may be having a low mood yet don't analyze it or take too seriously – let it pass. When we stop feeding our low moods with analytical thinking it helps us slow down and prevents escalating a minor negative thought into a full-blown crisis.

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