

**Speed: Facing Our Addiction To Fast And Faster--And
Overcoming Our Fear Of Slowing Down By Stephanie
Brown Ph.D**

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SPEED: Facing Our Addiction to Fast and Faster and Overcoming Our Fear of Slowing Down phenomenon – societies can become out of control exactly like all other addictions, — I've been watching, comparing and helping people in my practice learn to slow down. Fast and Faster -- and Overcoming

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Below, a selection of 2014's most popular self-help books--and what to take away from them to make a Speed: Facing Our Addiction to Fast and Faster and Overcoming Our Fear of Slowing Down by Stephanie Brown Ph.D.

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I want the world to stop. i want to get off. i need a break from everything

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Dr. Brown offers a step-by-step plan for breaking out of the speed trap. With practical guidelines, she Speed: Facing Our Addiction to Fast and Faster--And Overcoming Our Fear of Slowing Down. Front Cover · Stephanie

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