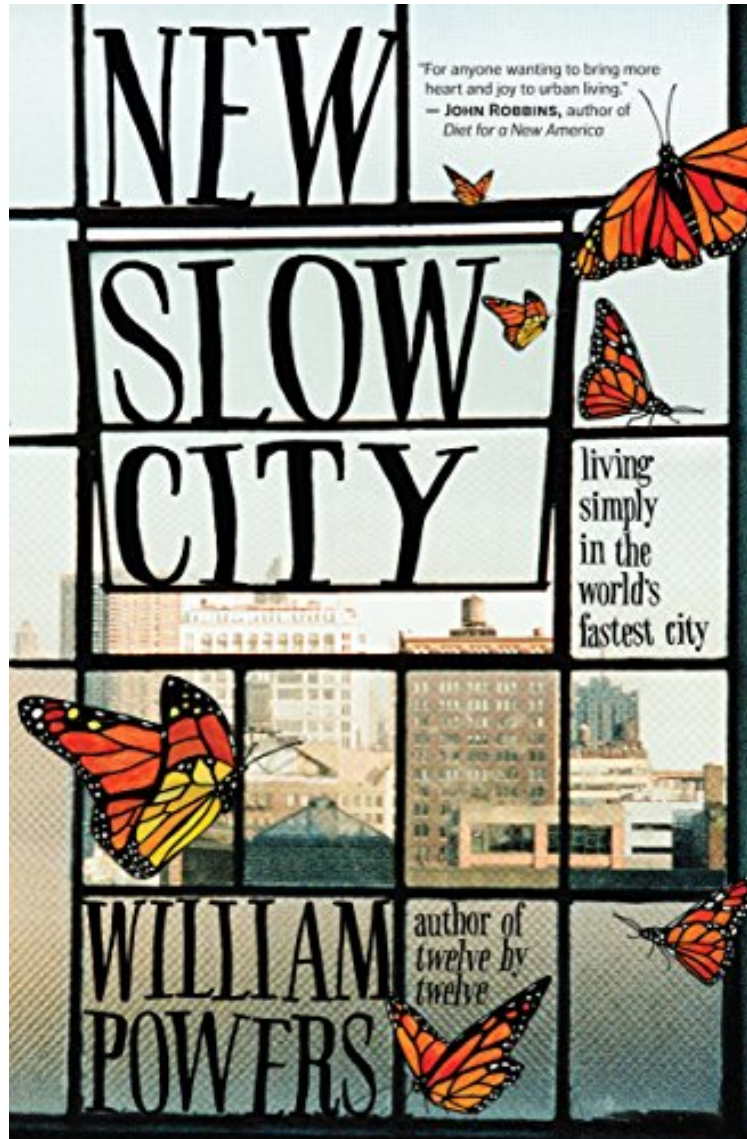


(Ebook free) New Slow City: Living Simply in the World's Fastest City

New Slow City: Living Simply in the World's Fastest City

William Powers

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William Powers : New Slow City: Living Simply in the World's Fastest City before purchasing it in order to gage whether or not it would be worth my time, and all praised New Slow City: Living Simply in the World's Fastest City:

9 of 9 people found the following review helpful. Living simply not just a walk in the park!By Chanel O'BrienI was looking for a contemporary read about NY in preparation for a 10 day visit to the city from the relative obscurity of New Zealand. What I got was a vivid reminder that no matter where you live, even in Godzone, we can be consumed by the "drug of distraction". And if we go cold turkey we open ourselves to a sadness or other feelings that arise that alert us to the age old quest for balance. I liked this book for its personable tone and there is an authenticity in the

struggle described by the author and, to be fair, his wife who worked in what sounded like a fairly stressful job. Living simply takes a bit of work! The mindful mindset that the author is aiming to cultivate is an ongoing process no matter where you are and I was really pleased to find this book and hear from others who are thinking about giving it some effort. 5 of 5 people found the following review helpful. Finding peace in the chaos By Michael Tapp In this book a naturalist tries to live Slow in a 12x12 apartment located in the financial capital of the world. This isn't a "How To" book; it's a memoir that follows a couple's journey of trying to live slowly in a tiny apartment in the West Village. The author is a very skilled writer and makes up for the book's faults by documenting his own narrative in the book. Why not talk about your income and rental price when writing a book about living slow in the financial capital of the world? How has a smartphone attached to you 24/7 changed how you think and function in the world? All of that being said this book is a really fast read and it's a breath of fresh air for New Yorkers burning out on NYC. 3 of 3 people found the following review helpful. Buy this book! By momoftwo I really love Bill Powers writing. His 12x12 book changed my life as I used the phrase "Don't do, be" often to my 3 year old. I tried to apply that as often as I could to my busy full-time working and mom lifestyle. Now this book struck me with the phrase "Urban sanctuary". It challenged me to see that even in my urban existence, I can find sanctuary whether it be something as simple as sitting at an outside table to have my coffee or taking my bagged lunch out of the staff room and outside with a chair on the street! Life can be slowed down if you strive for that. It might not be like he has which is the liberty and financial resources to only work 2 days a week but finding mindful moments through out the day is possible and certainly brings a feeling of centeredness to every day. I can't wait to see if he writes a similar book to 12x12 and New York Slow once he has children!

Burned-out after years of doing development work around the world, William Powers spent a season in a 12-foot-by-12-foot cabin off the grid in North Carolina, as recounted in his award-winning memoir *Twelve by Twelve*. Could he live a similarly minimalist life in the heart of New York City? To find out, Powers and his wife jettisoned 80 percent of their stuff, left their 2,000-square-foot Queens townhouse, and moved into a 350-square-foot "micro-apartment" in Greenwich Village. Downshifting to a two-day workweek, Powers explores the viability of Slow Food and Slow Money, technology fasts and urban sanctuaries. Discovering a colorful cast of New Yorkers attempting to resist the culture of Total Work, Powers offers an inspiring exploration for anyone trying to make urban life more people- and planet-friendly.

All of us sense that we could live better, kinder lives. But Bill Powers has the courage to try to change and then—ever so artfully, without the slightest wag of a finger—to show us how. —Colin Beavan, author of *No Impact Man* Bill Powers has done it again—taken us on an honest, touching journey into living lightly and intelligently in a distracted world. And here's such a good writer that we don't even know we are being educated, challenged, and changed. —Vicki Robin, coauthor of the international bestseller *Your Money or Your Life* and author of *Blessing the Hands That Feed Us* The reenchantment of urban life—so compromised by the accelerated techno-industrial culture—takes work, and William Powers saves us a lot of time on the learning curve. Hats off, especially to his courage. —Douglas Tompkins, founder of the North Face clothing company and the Foundation for Deep Ecology Is it possible to live an earth-friendly and spiritually fulfilling life in the middle of the bustle of a big city? William Powers and his wife are the perfect people to find out. I found that the tales of the remarkable people they meet, the challenges they confront, and the beauty and joy they discover nourished a part of my soul that rarely gets fed. Never preachy, always entertaining, and often wise, this is a splendid book for anyone wanting to bring more heart and joy to urban living. —John Robbins, author of *Diet for a New America* *New Slow City* tells an inspiring story. At the outset, Powers's goal—to live slowly and mindfully in frantic Manhattan—seems quixotic in the extreme. But one should never underestimate a determined idealist. This delightfully provocative book will speak to anyone trying to build a balanced life in our crazy world. I first came to know Powers's work because we coincidentally share the same name. Now I read him to question my own assumptions and reimagine how to live. —William Powers, *New York Times* bestselling author of *Hamlets* An inspirational quest to slow down, simplify, and find serenity in a supercharged city. William Powers discovers the joy in less stuff, less work, and less speed! —Francine Jay, author of *The Joy of Less, A Minimalist Living Guide* Powers's message, honed through his experiences living in poor countries like Bolivia, shows that we can live simply, sustainably, and happily. And I know it's real because I stayed with him in his tiny place. But Powers also slows down—at least as important as scaling down—and learns to savor the little daily miracles of life. This message may be just what you need to change your own life for the better. Don't miss it! —John de Graaf, coauthor of the *New York Times* bestseller *Affluenza* and *What's the Economy For, Anyway?* and executive director of *Take Back Your Time* Powers places the difficult decisions we face on a daily basis into an equation that should provide us all with an optimistic glimpse of how to slow our lives down. Read *New Slow City* and watch as its insights pepper your daily decisions while you navigate the folly

of the fast life. — Richard McCarthy, executive director of Slow Food USA

In *New Slow City*, William Powers offers us his challenging and delightful story of learning to live with less in the heart of New York City. In his warm narrative style, Powers guides the reader through the struggles he and his wife face in getting rid of stuff and squeezing their lives into a 350-square-foot micro-apartment. This work is a profound witness that a meaningful and joyful life of conservation is possible, even amid the powers of speed in the quintessential American city. — C. Christopher Smith, senior editor of the Englewood of Books and coauthor of *Slow Church: Cultivating Community in the Patient Way of Jesus*

About the Author William Powers is a senior fellow at the World Policy Institute and an adjunct faculty member at New York University.