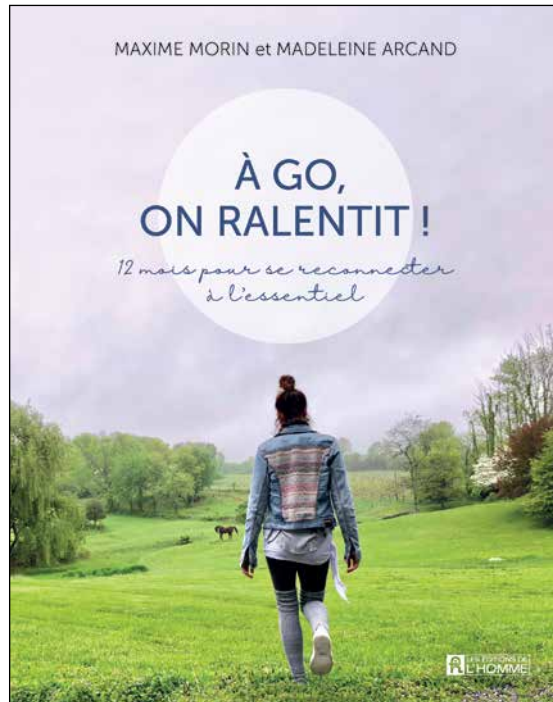


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AT GO, WE SLOW DOWN!
12 months to get back to basics
 Maxime Morin and Madeleine Arcand

An essential guide to slow living

256 pages

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Let's face it, life flies by. If we are always in a rush, we end up running out of steam and losing sight of what really counts. So what if we decided to slow down? Slow living, a philosophy of life originating in Scandinavia, encourages us to re-examine the pace at which we choose to enjoy our (too short) time on Earth.

To help you do this, Madeleine Arcand and Maxime Morin, pioneers of the movement in Quebec, accompany you as friends, sharing, without holding back, their thoughts on life, consumption, balance, performance and happiness. In 12 chapters, each devoted to a specific theme (mental health, physical health, zero waste, decluttering, morning routines, sleep, diet, habits, priorities, etc.), they encourage you to move gradually toward a slow living lifestyle, one step at a time. Using examples, exercises, practical tips and personal stories, they gently and humorously guide you in your quest for a freer life, one true to your values and goals.

Strong points

- The slow living trend is more and more widespread.
- The book is both very practical (exercises, tips, advice, etc.) and very artistic, with a layout that stimulates rejuvenation and inspiration.

Madeleine Arcand has practised yoga for roughly twenty years. Her passion for and curiosity about this discipline have led her to study Buddhist scriptures. The mother of four children and cofounder of Rose Buddha, an environmentally friendly yoga clothing business, she has for several years followed the principles of slow living, voluntary simplicity and zero waste in her own life. Her mantra: keep it simple.

In addition to teaching meditation and being a certified yoga instructor, Maxime Morin is also an actress, business woman and mother. Juggling several projects at once, she has created a life in harmony with her values and priorities. She is a cofounder of Rose Buddha. A yoga practitioner for over 15 years, she also has 10 years of experience in both dance and ski jumping, as an international athlete and coach.