



**THE LITTLE HOUSE**  
**Guide to Slow Living**  
Maxime Morin and Cathia Morin

**Stop. Let's stop racing around for a moment and take time to enjoy life. Let's learn to step back from the chaos and relax.**

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The need to unplug to get to know ourselves better is more and more critical in our performance-focussed society. Sometimes, it's impossible to change our situation, as life involves imperatives we can't avoid. Nonetheless, we all have a little white house inside us, a place where we feel at peace and perfectly ourselves. But how do we get inside it?

This book encourages us to make room for more inner calmness and to connect with this place within ourselves. The idea of a slower life does not mean selling everything and moving to a desert island; instead, it means listening to our inner ecosystem and living in greater harmony with it.

Being in our house gives us time to stop and ask: How is my energy? How can I learn to know myself better and connect with my true nature? Am I living the life I aspire to? How do I make room for what is really important to me? Through personal stories, exercises and reflections, we will discover the eight essential keys to a life that is slower and better aligned with our true goals.

**STRONG POINTS**

- The authors have built a solid personal and professional experience in slow living through teaching and practicing yoga, meditation and mindfulness.
- The book is structured in eight chapters representing eight keys to the "little house" of inner peace and slow living.
- Personal stories illustrate situations and inspire change.

**Subjects:** slow living, inner peace, kindness, search for happiness

*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.*

*Psychotherapist Cathia Morin is passionate about yoga, which she practises and teaches. She is also certified in mindfulness and offers workshops in stress and anxiety management through yoga, as well as nature workshops inspired by Shirin Yuku (forest bathing).*