

# SLOW

Here are 25 questions to get the ball rolling in your book club. Run with the ones you like, ignore those you don't and add a few of your own ...

Have fun!

1. Are we born fast or slow? Or do circumstances make us one or the other?
2. How much of the rushing and busyness in your life is driven by factors beyond your control? How much of it comes from you?
3. Which chapters in the book resonated most with you? Food, sex, work, children? Why?
4. What are the benefits of leading a slower life?
5. Can you think of a time when slowing down paid off for you at work?
6. Think back to the most memorable meals of your life. What did they all have in common?
7. Do some cultures appreciate slowness more than others? What can we learn from such cultures?
8. Does the virus of hurry affect men and women differently? What about children?
9. Do you feel your life is slowing down or speeding up as you grow older? Why might that be?
10. Is working less and earning less an essential part of embracing Slow?

11. Is it possible to slow down in a big city?
12. How does living too fast affect your health, sleep, mood, productivity?
13. Is slowing down a luxury for the affluent?
14. What one thing in your life is stopping you from slowing down right now? What can you do to overcome it?
15. Think of your perfect Slow vacation. What lessons from that experience could you apply in your normal life?
16. Do you feel guilty when you slow down, say no or do less? What can you do to feel less guilty?
17. How does social media affect your pace of life?
18. Do you agree with Benjamin Franklin that "time is money"?
19. What would you lose if you slowed down? And would the loss be worth it?
20. Is the Slow Movement compatible with global capitalism?
21. What role can nature play in helping us slow down?
22. Why is there such a strong taboo against slowness?
23. Is there a link between Slow and mindfulness?
24. What does living at the *tempo giusto* (Introduction chapter) mean to you?
25. What one step are you going to take tomorrow to start your own Slow revolution?