



## Living at the Right Speed, by Carl Honore

Fast and Slow do more than just describe a rate of change. They are shorthand for ways of being, or philosophies of life. Fast is busy, controlling, aggressive, hurried, analytical, stressed, superficial, impatient, active, quantity-over-quality. Slow is the opposite: calm, careful, receptive, still, intuitive, unhurried, patient, reflective, quality-over-quantity. It is about making real and meaningful connections -- with people, culture, work, food, everything. The paradox is that Slow does not always mean slow. As we shall see, performing a task in a Slow manner often yields faster results. It is also possible to do things quickly while maintaining a Slow frame of mind. A century after Rudyard Kipling wrote of keeping your head while all about you are losing theirs, people are learning how to keep their cool, how to remain Slow inside, even as they rush to meet a deadline at work, or to get the children to school on time. Despite what some critics say, the Slow movement is not about doing everything at a snail's pace. Nor is it a Luddite attempt to drag the whole world back to some pre-industrial utopia. On the contrary, the movement is made up of people like you and me, people who want to live better in a fast-paced, modern environment. That is why the Slow philosophy can be summed up in a single word: balance. Be fast when it makes sense to be fast, and be slow when slowness is called for. Seek to live at what musicians call the tempo giusto -- the right speed. --Carl Honore