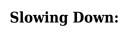
7 Tips for Slowing Down

- Take A Tech Break From The Modern World
- Enjoy Your Morning Coffee
- Make Crossing Off Your To-Dos A Conscious Effort
- Clear The Schedule to Enjoy Life
- Set Boundaries For Your Mental and Physical Health
- Slow Down Your Thoughts
- Focus On One Task At a Time



Slowing Down

Karl-Heinrich Beckurts, Karl Wirtz



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