



# Slowing Down to the Speed of Love : How to Create a Deeper, More Fulfilling Relationship in a Hurried World

*Joseph Bailey, Richard Carlson*

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From the coauthor of the international bestseller *Slowing Down to the Speed of Life*

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**"I believe this book has the capacity to touch something inside youAndshy;Andshy;deep enough to help you make significant, positive changes in your life."--from the Foreword by Richard Carlson, author of *Don't Sweat the Small Stuff***

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Bestselling author Joseph Bailey shows how to slow down and make time for the love that we want. His approach, based on principles of Health Realization that were espoused in his and Richard Carlson's international bestseller *Slowing Down to the Speed of Life*, can be applied to solving problems that almost every couple encounters.

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With the help of true stories from his own relationship and those of couples he has counseled, Bailey offers poignant lessons on how to see our partners anew and find the healthy self within that is capable of true love, forgiveness, and deep, satisfying intimacy. He explains how to nurture the seed of timeless loveAndshy;Andshy;versus time-bound loveAndshy;Andshy;that exists in all of us and offers a positive, commonsense model for finding and maintaining health relationships.

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