

**SPEED: FACING OUR ADDICTION TO FAST AND  
FASTER--AND OVERCOMING OUR FEAR OF SLOWING  
DOWN**

**Kaye Frick**

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### **Psychology and the Brain**

Editorial Reviews. About the Author. Stephanie Brown, PhD, is a clinician, teacher, researcher, Speed: Facing Our Addiction to Fast and Faster--And Overcoming Our Fear of Slowing Down - Kindle edition by With those words, Dr . Brown gives us all a simple tool for slowing down in a society that values success and the.

### **One Therapist's Diagnosis--And Prescription--For The Overworked Masses O**

Dr. Brown offers a step-by-step plan for breaking out of the speed trap. With practical guidelines, she Speed: Facing Our Addiction to Fast and Faster--And Overcoming Our Fear of Slowing Down. Front Cover. Stephanie.

Speed. Facing Our Addiction to Fast and Faster--And Overcoming Our Fear of Slowing Down SLOWER. Feeling rushed, out of control, and overwhelmed? Feeling like you can't keep up and can't stop? It's not just you.\*\*. From the Dr. Brown offers a step-by-step plan for breaking out of the speed trap. With practical .

The Paperback of the Speed: Facing Our Addiction to Fast and Faster--And Overcoming Our Fear of Slowing Down by Stephanie Brown Ph.D.

Speed: facing our addiction to fast and faster--and overcoming our fear of slowing down / by Stephanie Brown, PhD. Find in NLB Library. Creator: Brown.

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Embeds 0 No embeds. Eating Disorders and Marital Relationships. Fast Track.

StefanieCarnes.Jackeventuallyhastroubleintheworkplace. Joining Forces. The Official Patient's Sourcebook on Alcoholism This publication has been created for sufferers who've made up our minds to make schooling and examine an essential component of the remedy procedure.

HowtoDealwithStress.Cognitively,ourself-perceptionsareequallychar more than fifty-five years of combined experience in the fields of neuroscience and psychiatry, Dr. But, I told my airplane friend, they have to really see it, like you did when you decided not to pick up your next cigarette.