

Download Downshifting How To Work Less And Enjoy Life More

Downshifting as a way of life . The trouble with the rat race is, even if you win, you are still a rat. Lily Tomlin. Who hasn't wanted to step off the ever-accelerating treadmill of work, and gain some balance in life?Downshifting means working towards simple living by making conscious choices to leave materialism behind and move on to a more sustainable lifestyle. It does not mean simply cutting back and trying to live the same life only with less money. Downshifting requires prioritizing, an adjustment in values, and a totally different mindset... not just a change to a more frugal way of living.Slow Movement News. Turkish fast food: Real food fast. The definition of 'fast food' according to the Wikipedia is food cooked in bulk and in advance, kept warm or re-heated to order....Work-life balance is the term used to describe the balance that an individual needs between time allocated for work and other aspects of life. Areas of life other than work-life can be, but not limited to personal interests, family and social or leisure activities. The term 'Work-Life Balance' is recent in origin, as it was first used in UK and US in the late 1970s and 1980s, respectively.