SLOWMANDMENTS

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13 While you come back home from work stop and buy a present for who is waiting for you. Maybe a flower or something sweet...

17 It's been scientifically proved that a watched pot won't boil any faster than one that is left in peace so why not get passionate about the rest of the preparation? Enjoy setting your the table with loving tender care

14 Running breathless toward the station is useless. Slown down, wait some minutes and catch the next train. (This tip actually works in Japan only!)

15 If you have a two-week break from work, spend ten days on holiday and the remaining days relaxing before and after your trip

3 When you enter a café, make a habit of saying hello to the waiter before ordering and after enjoying your coffee remember to say goodbye (this rule works for all stores, offices and in the elevator!)

16 Stop saying: "I don't have time to…" these words won't make you appear more important than you are and will only cause you stress

4 Write your text messages on your cell phone with no symbols or abbreviations and get in the habit of starting with "Dear…"

1 Wake up five minutes earlier than usual so you have time to shave, do your make up or have breakfast without hurrying

5 When possible, don't do two things at the same time (for example don't write while speaking on the phone). You run the risk of becoming impolite and imprecise

2 While queuing at the supermarket or in traffic relax, don't get angry and try to use your time for planning your day or talking to your neighbor in line

6 Don't join and don't let your children join any teams or activities that are far from home

12 In the weekends don't always leave town, learn to enjoy your own city, wherever it is

11 In the evening turn off the television and read the newspaper

8 Don't force yourself go shopping: most probably there is enough food in your cupboard to make something tasty for dinner

7 Avoid being so busy and full of work that you don't have time for yourself and the delight of thinking about nothing

9 Sometimes go to the corner shop even to buy what you need, even if it's not cheap; this will save you time and stress

10 Go for a walk, alone or in company, to a local restaurant rather than driving and waiting in traffic to get to your customary eatery across town