



Relaxing at High Speed

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Short Description of the Presentation:

Most people wake up in the morning with their first thought being "I'm behind!" Yes, it is a crazy world we live in. Learning to relax while being productive at high speed is something we all have to learn or the pressures of this life will literally squeeze all the enjoyment out of living. This presentation will provide some practical suggestions on how to "slow down and live!"

Key Points:

Believe it or not back in 1990 a lifetime of information was generated every 24 hours. By 1998 a lifetime of information was generated every hour and by 2001 it was every minute.....*no one can keep up!* The question is how we learn to relax a bit in the midst of all the activity around us while becoming more productive at the same time.

Five (5) Mega Realities to Help Us Understand Why Things Are the Way They Are :

- Population explosion
- Information
- Media
- Paper
- Choices

How the General Population Responds to the Above Mega Realities

"Practical Suggestions" on How to Learn to Relax and to Become More Effective in the Midst of the World We Live In