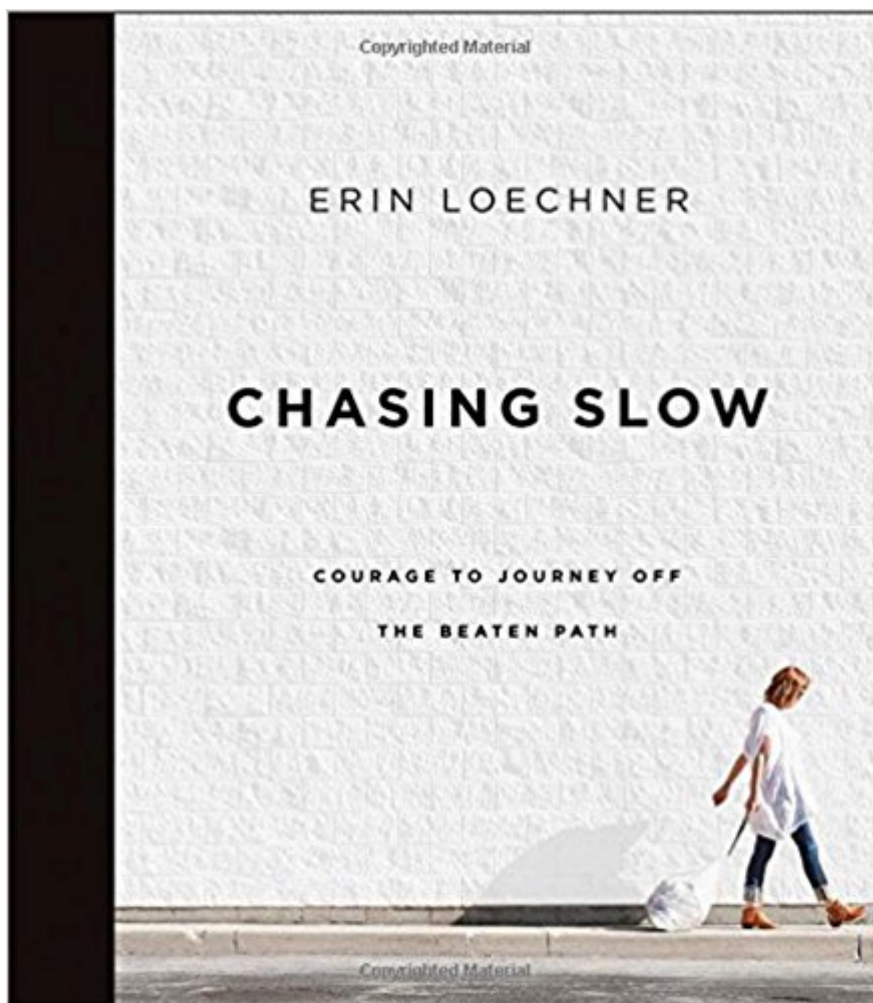


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# Chasing Slow: Courage To Journey Off The Beaten Path



## Synopsis

You're here, but you want to be there. So you spend your life narrowing this divide, and you call this your race, your journey, your path. You live your days tightening your boot straps, wiping the sweat from your brow, chasing undiscovered happiness just around the bend. Higher! Faster! Better! Stronger! And on and on you run. Viral sensation and HGTV.com star Erin Loechner knows about the chase. Before turning 30, she'd built a fan base of one million women worldwide and earned the title "The Nicest Girl Online" as she was praised for her authentic voice and effortless style. The New York Times applauded her, her friends and church admired her, and her husband and baby adored her. She had arrived at the ultimate destination. So why did she feel so lost? In *Chasing Slow*, Erin turns away from fast and fame and frenzy. Follow along as she blazes the trail toward a new-fashioned lifestyle—one that will refresh your perspective, renew your priorities, and shift your focus to the journey that matters most. Through a series of steep climbs—her husband's brain tumor, bankruptcy, family loss, and public criticism—Erin learns just how much strength it takes to surrender it all, and to veer right into grace. Life's answers are not always hidden where they seem. It's time to venture off the beaten path to see that we've already been given everything we need. We've already arrived. You see? You'll see.

## Book Information

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## Customer Reviews

When you find you are drowning in your own life---working harder, sleeping less, putting out fires, filling your hours with to-dos, and enjoying very little of it---I pray that Erin Loechner's

gentle, wise book will find its way into your hands. Chasing Slow guides us to a simpler life worth living. Prepare to feel your heart rate drop as you read these soothing, smart words.

(*Ã¢â¬âGabrielle Blair, mother of six; blogger; author, New York Times bestselling Design Mom*)ErinÃ¢â¬âs writing is beautiful, and this book is soulful and practical, honest and inspiring. For all of us who are tempted to perform and filter and prove---which is, I think, all of us---this is a necessary conversation about a deeper, better way of living. (*Ã¢â¬âShauna Niequist, author, Bread and Wine and Savor*)In the fast lane of life, this book is a much needed rest stop for the soul. (*Ã¢â¬âBethany Joy Clark, global brand ambassador, TOMS*)Beautifully written. Beautifully lived. Chasing Slow will capture your attention, shift your perspective on life, and mark your journey as you move toward what matters. (*Ã¢â¬âEllie Holcomb, singer/songwriter; Dove AwardÃ¢â¬âwinning artist*)When the world yells, Ã¢â¬âBe more, run faster, try harder,Ã¢â¬âIÃ¢â¬âll pick up this book again to remind me that true joy lies in the beauty of slow and present. With grace and humor, Erin tells the stories I need to hear and brought my heart back home. (*Ã¢â¬âKelle Hampton, author, New York Times bestselling memoir Bloom*)Erin Loechner has a calming presence, a reassuring voice, and a life-giving soul. YouÃ¢â¬âll walk away from these pages shifted and feeling whole instead of hurried. Her words are a brave call to a fast-paced generation, and I cannot suggest reading them enough. (*Ã¢â¬âJess Connolly, speaker; coauthor, Wild and Free*)Reading Chasing Slow is like eating a really scrumptious meal that also happens to be good for you. ErinÃ¢â¬âs voice is honest even when it hurts, inviting even when we donÃ¢â¬ât deserve the invitation. I consumed this delicious, compelling book in a weekend and bled my highlighter dry along the way. (*Ã¢â¬âRaechel Myers, cofounder and CEO, She Reads Truth*)Erin has always stood out as someone who knows how to get beyond the pretty picture and all the comments and likes of social media. In her eloquent, smart, and real story about the evolution of her online and offline journey, she reminds us how to accept ourselves, feel more with less, and soak up life as it come to us. (*Ã¢â¬âJoy Cho, founder, Oh Joy!*)Chasing Slow is equal parts memoir, meditation, and map to a more peaceful life. Erin Loechner has an artistÃ¢â¬âs eye for beauty, a poetÃ¢â¬âs ear for metaphor, and a scientistÃ¢â¬âs mind for investigation and clarity. Her wise voice stayed with me long after I finished the book. (*Ã¢â¬âAsha Dornfest, author, Parent Hacks and Minimalist Parenting*)Erin takes us on a charming, meandering dance of stories, witticisms, and wisdoms. This book is for dreamers, adventurers, creatives, students, mamas, and professionals, but more than that, itÃ¢â¬âs for those of us feeling flawed and desperately craving connection. IÃ¢â¬âm adding it to a very short stack of inspiring favorites, and cannot wait to read it again. (*Ã¢â¬âWhitney English, founder and*

CEO, Day Designer)With four daughters and a job that I love, it is a great challenge for me to keep prioritized those things that give me true joy. As more activity comes into my life, Erin's story has given me not only inspiration but a practical framework to make healthy and easily implemented choices. (Barrett Ward, CEO, FASHIONABLE)Erin's way of thinking shows the fruit of living slowly. She pulls at every string, peeks beneath every layer. She connects the dots of how so many of us are feeling, putting words to questions we're only just beginning to ask. This book is beautifully written, and you'll want to savor it. (Hayley Morgan, coauthor, Wild and Free)

A former art director/stylist in Los Angeles, Erin Loechner has been blogging and speaking for more than a decade. Her heartfelt writing and design work has been showcased in The New York Times, Lucky, Parenting, Dwell, Marie Claire, Elle Decor, Huffington Post, and a two-season HGTV.com web special, garnering over one million fans worldwide. She has spoken for and appeared in renowned international events for clients such as Walt Disney World, IKEA, Martha Stewart and Home Depot. Now nestled in a Midwestern town, Erin, her husband, and their toddler strive for less in most areas except three: joy, grace, and goat cheese.

I was nervous about receiving this book that it would be the same message I've been reading in some other Christian books. "Slow down, say no to things to say yes to better." And while this book has that same message, the author's style of memoir writing and keeping the theme present throughout the book was anything but cliché. Unlike similar books, I feel like she nails the heart of discontent and really makes you feel like you're a part of her journey. I'm walking away with a lot to reflect on, some practical tools to simplify, and most importantly a reminder to evaluate why I always have the longing for more.

Interesting read of ups and downs of life and how she dealt with them. Very relatable. Nice tips at the end for ideas on finding your own slow.

Great read! We can all relate to this very real and personal story! I loved this book and recommended it to other friends as well.

Everyone needs to slow the heck down and stop letting the "machine" run them! Instead, be in control of your life!What a necessary read and entertaining to boot.Very much enjoying her story,

her inspiration. Truly am on the "same page" as the author with "Chasing Slow" (I am a rather active/hyper type by nature), so, YES, I concur with Erin. I no longer strive to be in the rat race! : ~ ))

My wife read this book through while laughing and crying, all the while being challenged. She read me several of the pages out loud and I was even blown away. The writing style is easy to read but yet contains beautiful imagery. More importantly, the book address the challenging topic of finding identity and purpose in world with some many different voices screaming at you. Highly recommend!

Erin Loechner's beautiful & honest words brilliantly turn the everyday ordinary into moments of the extraordinary. Each chapter left me encouraged, reflective, inspired, centered and thankful. Highly recommend for young moms - gave it to my daughter in laws-they loved it! Great gift!( though I must add.. I really cherish my own copy as an older mom & grandma!)

I got this book because it looked intriguing and was on sale for Kindle. Erin comes across as very real in the book, not as the polished look of her photos and styling. Read it and be content where you are.

I really enjoyed this book. A bit more of a secular view on slowing down vs. some similar books on the market, but with an obvious Christian touch. An honest story of the trials, the ebb and flow and the balance so many of us are seeking.

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