



The Art of Stopping Time: Practical Mindfulness for Busy People

Pedram Shojai

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We're all struggling to find time in our lives, but somehow there's never enough to go around. We're too tired to think, too wired to focus, less efficient than we want to be, and guilty about not getting enough time with our loved ones.

We all know that we feel starved for time, but what are we actually doing about it? Precious little. In *The Art of Stopping Time*, *New York Times* bestselling author Pedram Shojai guides us towards success with what he calls *Time Prosperity*-having the time to accomplish what you want in life without feeling compressed, stressed, overburdened, or hurried.

So how do we achieve this *Time Prosperity*? We learn to *Stop Time*. To do that, Shojai walks us through a 100-day Gong, which is based on the Chinese practice of designating an amount of time each day to perform a specific task. The ritual helps you become mindful, train your mind, instill new habits, and fundamentally transform your relationship with time. We can find moments of mental awareness while in the shower, eating a snack, listening to podcasts, and even while binge-watching our favorite TV shows.

He shares how to use Gongs to reprogram your habits, reduce stress, increase energy, exercise the ancient practice of mindfulness, and become a master of your time. Whether you do one per day, a bunch at a time, or read the whole book in one sitting, practicing the Gongs is a dedicated act of self-love that snaps us out of our daily trance and brings the light of awareness to our consciousness. The more we practice, the more we wake up, and the better off we are.

The Art of Stopping Time: Practical Mindfulness for Busy People Details

Date : Published October 24th 2017 by Rodale

ISBN :

Author : Pedram Shojai

Format : Kindle Edition 224 pages

Genre : Nonfiction, Self Help, Health, Mental Health



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From Reader Review The Art of Stopping Time: Practical Mindfulness for Busy People for online ebook

Craig Carignan says

Alot of the same information for his prior book the Urban Monk. So although I find the information valuable it is redundant if you already have his earlier book. I did like it enough to buy it for my sister.

Lisa says

I found this book useful overall. Some good ideas to slow down and re-evaluate what is important in life. Some things I already do or think about. Other things I've never thought about and will try. And then there's other things that just seem whacky, like finding a tree that I share a vibe with and grow imaginary roots to synch with the tree. Yeah I'm not going to do that one. Overall though I like the message in this book which is basically that life is insanely fast and demanding and it doesn't have to be. We do not have to be forced to live in this way. Worth a read. It gets you in the mindset to be more aware of your body and mind and how everything feels. It encourages you to make small changes for better well being.

Jacqueline says

I really wanted to love this book. I love the concept of it and some of the exercises in it are great. But overall, I was a bit disappointed. Some things became redundant, drawn out in explanation, and didn't seem like a good way to "stop time," but more like additional busy work to add to your day. I started out liking it and grew more tired of it as the days went on. By the end I couldn't wait to finish it.

cat says

2.5 but rounded up. A few of the 100 gongs (or practices) that the author suggests really resonated as ways to help myself build new and more mindful ways of being that could help slow the way I feel time, but overall MUCH of this felt like common sense that I am well aware of (even if I may need a reminder now and then).

Rounded up because it really is a good reminder of ways that I can intentionally set myself on a path of reclaiming my time (bless you, Maxine Waters!) and practice greater intentionality in all that I do.

Suzanne Frank says

Profound. A balm and a recipe for living in this world.

Laura says

I have to admit, I did not read each and every one of these 100 recommended mindfulness practices (hence the 4 stars for what is likely to be a 3 star book if I did). Some of the subjects just didn't appeal to me, and I hardly think I need a lecture on the importance of eating well or exercising. For those that I did read, I found them to be insightful reminders to meditate on the world around me. To stop and have a moment with a tree, or a fire, or the stars, or my family...to carve out restorative practices every day.

Mike Cottam says

Unfortunately this book didn't do it for me. I got maybe a quarter of the way through and shelved the book. This is more of a reflection on me than the book, hence the 4 stars.

The issue I had (and this is a personal one) is the requirement to follow a regime of one exercise per day. Whilst each chapter provided insights into the way we live our lives and the improvements we can make, I felt there was a virtual big stick being waved.

If I didn't do the exercises, somehow the book wouldn't be a success.

Jane says

Great advice and tips in this book. There's a lot of good information in here.

Elisabeth says

This book can be taken day by day or read out of order or straight through. I enjoyed reading it straight through, I think I would have found it difficult to do the exercises each day. We have a cold climate right now and exploring nature for the day would be unwise. The main concepts of the book were focus on one thing at a time, be mindful, move your body and be aware of stillness and motion, live life to the fullest because it is limited. Not all of the 100 days of exercises/meditations/lessons worked for me, and I don't think realistically I could live by all of the maxims of the urban monk. Yet, some of them did resonate with me. Like imagining what your old self would say to your current self from their death bed. Super morbid, but also interesting. I connected with it. A lot of the practical schedule stuff fell flat with me. Still I liked this one.

Michelle says

A lovely book that tells us some stuff we already know (i.e. to wasting time on our phones and live our lives instead), plus more than a few gems we might not have thought of, or might need reminding about it.

Laura Lawson says

I read it in a few days rather than 100 but some good advice. I need to remember to breathe, take breaks and plan ahead.

Lauren Bach says

My review from Amazon: Pedram Shojai's newest book, The Art of Stopping Time, is a treasure trove of suggestions for reclaiming control of your time while moving through life more consciously. The 100 daily exercises – or gongs as Shojai calls them – includes practices from time audits (exactly like it sounds) to time with the stars. (the celestial variety, not Hollywood.) I jumped at the opportunity to participate in a test panel that utilized 50 of the gongs and witnessed firsthand how valuable these daily practices can be. When I re-evaluated my priorities (Day 1 – assembling your life garden) and started to “chunk time” (Day 13) I found that my productivity in creative writing skyrocketed. To my delight, it’s still going strong. The Art of Stopping Time is a treat to read - each gong is only two, shortish pages or less and the author’s tone is conversational; soothing. There’s no fluff, yet it’s thought-provoking and no-nonsense. As with all personal development, it does require action and commitment. :) I loved the book – five stars, highly recommended. It’s the one I’m giving for Christmas this year.

Lisa Day says

I read a number of books recently that have helped in my career transition year. This one came at a time when I was feeling panicky and overwhelmed. It reminded me to stop. And breathe. The point of this book is to read one chapter every day for 100 days. At the end you will have developed practices that will allow you to stop and enjoy time. Excellent advice.

Candice says

A daily "thought or gong" book that will make you stop and feel. Great!

Khairulazizi says

Dalam satu hari jantung bergetar sebanyak 100k kali. Maka setahun bersamaan 35 juta kali dan jika average umur manusia adalah 71 tahun, jantung kita bergetar 2.5 billion kali. Katakan 2.5 billion ini adalah usd 2.5 billion. Umur abiang hampir 39 tahun, so balance duit abiang (mengikut rumus ni) adalah $71-39 = 32$, $\times 35 j = 1.12 B$ usd. Kalau abiang ada lagi 1.12 B usd, abiang mesti muka ada ketawa namun masih belum. Secara average (kalau tak mati awal), tinggal lagi 1.12 B getaran jantung balance utk abiang hidup dlm muka bumi ini. Persoalannya adalah begini. Apakah yg akan abiang buat dgn balance 1.12 B getaran jantung ini utk fulfill peranan dan saranan abiang sebagai manusia? Masa, yang tuhan bagi kepada abiang, kemanakah ia

pergi? Buku ini memang power. Ia menjelaskan dgn santai tapi makan dalam tentang "masa". Ada teknik utk perlahankan masa rupanya dan rupanya "nafas", adalah salah kunci utama untuk "merasakan lama". Ada juga teknik utk travel ke masa silam dan sucikan kenangan pahit yang menarik kita kebelakang, selain dari mengubah perspektif pada masa, utk lebih "kenal diri". Hakikatnya, kita memang tidak boleh berhentikan masa tetapi dgn menggunakan masa dgn bijak dan betul, kita boleh berhentikan perkara yang sia-sia dalam hidup kita. Kalau ada point dalam hidup anda "wtf yg aku buat selama ini" atau "apsal aku rasa tak cukup tanah", mungkin buku ini adalah jawapan "demi masa" namun awas, kesannya boleh mengubah haluan hidup anda. Time, is the currency of life. Membazir masa, ibarat membuang sebahagian daripada hidup kita. Membuat perkara sia-sia, ibarat menjahamkan hidup kita. Tak boleh jadi ni. Rasa nak kena beli jam baru. Akak mesti tak dpt nak bantah dgn hujah yg panjang sebegini. #sirimembacha #pedramshoja #demimasa #surah103:1
