

# SLOW LIVING

CULTIVATING A LIFE OF PURPOSE IN A HUSTLE-DRIVEN WORLD

## ABOUT THE AUTHOR

*"Slow Living is a lifestyle movement that emphasizes the importance of enjoying life's simple pleasures. It's about making deliberate choices and focusing on what truly matters, rather than rushing through life trying to do as much as possible in as little time as possible..."*

*Instead of adding to your to-do list, I'd like you to set it aside and embrace your inner three-year-old, and for every goal you set from here on out ask yourself, Why? When you take the time to ask yourself open-ended questions, your subconscious will bubble up with answers. And that's what Slow Living is all about."*

Stephanie O'Dea is a *New York Times* best-selling author, host of the *Slow Living* Podcast, and a mom of three. She writes, coaches, teaches, and speaks about all things Slow Living, inspiring others to find peace, efficiency, and healthy productivity in their daily lives. Through her own journey, Stephanie has mastered the art of making time for purposeful, intentional living every day.

In 2008, Stephanie made a New Year's resolution to use her crockpot slow cooker every day for a year and write about it online. This simple idea resulted in 10 books, a spot on the *New York Times* best-sellers list, and a job that she loves – and one she can do at home, in her pajamas.



Stephanie has appeared on *Good Morning America*, *The Rachael Ray Show*, and has been in *Real Simple*, *Woman's World*, and *Oprah.com*. She was also featured in the infomercial for the Ninja Cooking System.

## ABOUT THE BOOK

In *Slow Living*, *New York Times* bestselling author Stephanie O'Dea takes her famous slow cooking tips from the crockpot to everyday life to help readers reject hustle culture and develop the practical skills to slow down.

In today's world of social media and overconsumption, we are constantly being told that what we have isn't good enough and that we should continue to hustle for something bigger, better, or more expensive. But what if the key to living a more satisfied life was to simply slow down and listen to your intuition?

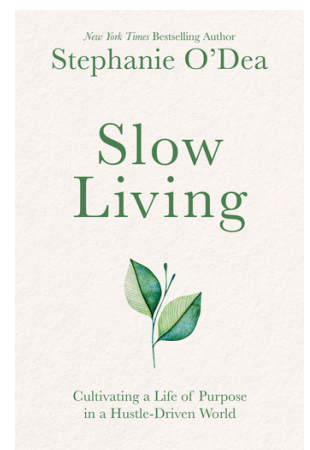
*Slow Living: Cultivating a Life of Purpose in a Hustle-Driven World* is a how-to guide on creating the life you've always dreamt about—one filled with purpose, abundance, and a sense of inner peace. Combining stories from her own life and childhood, along with real client testimonials and transformations from her work as a life coach, O'Dea gives readers actionable steps to envision their future and create long-term, sustainable success in their everyday lives.

In *Slow Living*, Stephanie O'Dea provides readers with the tools to:

- Understand slow living and its many benefits
- Identify their purpose in life
- Dream big and visualize their future
- Build a solid foundation for success
- Stay consistent through the ups and downs of life
- Find inner peace in a fast-paced world

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Through simple, actionable changes, *Slow Living* will help readers create the life they desire—one that is fulfilling, satisfying, and lived with intention.



# ENDORSEMENTS

*“Building a business means stepping up for the challenge, but it also means knowing when to step back and take care of yourself. Long-term success is all about balance, and in *Slow Living*, Stephanie O’Dea guides readers on how to shut off the constant noise and take a moment to focus on their purpose, create foundations, and tap into their inner peace. After all, you can’t pour out of an empty cup, and in order to dream big, you have to be able to fully show up not just for your business, but for yourself. From captivating anecdotes to insightful testimonials, *Slow Living* is a must-read that will help those on the demanding path toward high-level success tune out the buzz of hustle culture and tune into actionable strategies to make their dreams a reality.”* —Liz Elting, Entrepreneur, Founder and CEO of the Elizabeth Elting Foundation, and Bestselling Author of *Dream Big and Win*

*“This book is exactly what I needed. I’m tired of the ‘hustle and grind’ mentality of most motivational goal-setting books and programs. Stephanie’s down-to-earth style helped me realize I could still reach my dreams and goals but with a gentler approach that didn’t leave me feeling behind the pack. Her steady, slow, and sustainable guidance is the message I’d been craving.”* —Kim Demmon, founder of Today’s Creative Life

*“A treasure. In a world where every social force urges us to speed up and think faster and do faster, Stephanie O’Dea shows us how to slow down for better, smarter, happier living.”* —Zac Bissonnette, New York Times–best-selling author

*“*Slow Living* is an excellent guide to living honestly, authentically, and bravely in this ever-changing, dynamic world, in which we must be vigilant and deliberate about protecting what matters most and not seduced by a superficial existence. If you are ready to do the meaningful work, *Slow Living* is a great place to embark upon your journey within.”* —Dr. Emily Bashah, licensed clinical psychologist, author of *Addictive Ideologies: Finding Meaning and Agency When Politics Fail You*, and co-host of *The Optimistic American* podcast

*“I’ve seen my fair share of entrepreneurs be unable to curate the right work/life balance on the road to the American Dream. In *Slow Living*, Stephanie O’Dea shares how you can still “have it all” without neglecting yourself, your sanity, or your family.”*—Wes Bergmann, CEO/Founder BetaBlox and star 20 seasons of MTV’s *The Challenge*

*“Fantastic resource for college and postgraduate students, and folks in the throes of life: kids, careers, and trying to juggle all of it—anyone looking to live a more intentional life.”* —Laurie Palau, founder of Simply B Organized and host of *This Organized Life* podcast

*“This is a perfect book if you are overworked, overwhelmed, and in need of guidance to change your lifestyle and learn routines to live a life with peace, meaning, and balance.”* —Susan Sawczuk, elementary school educator of over twenty-five years

*“Stephanie O’Dea pushes back against Hustle Culture as a pervasive norm and shows us a better way. *Slow Living* is a road map for living well, and Steph is our sensible, compassionate guide. In this book, she encapsulates her decades of wisdom and experience into one manual offering accessible, actionable ‘teeny-tiny baby steps.’”* —Sandy Cooper, fellow anti-hustle advocate, host of *The Balanced MomCast* and *Writing Off Social*, and author of three books

*“Through these pages, Stephanie O’Dea will gently and beautifully lead you on the path of building your very best life. The relatable moments from her own journey will help you see yourself moving into the *Slow Living* world she so wonderfully describes. The acronyms she uses in her own life will become the structure for you as you develop and implement these principles into your life. Along the way, you’ll redefine FOMO, go to PROM in your own home, and set the GPS and new PACE of your life. The words, frameworks, and exercises in this book will be a healing balm to your mind, heart, and soul.”*

—Erin Chase, cookbook author and founder of \$5 Dinners

# INTERVIEW TOPICS



- How to adopt a slow living lifestyle and break free from hustle culture, leading to increased fulfillment, reduced stress, and a stronger sense of purpose
- The American Dream is not dead: How slow living can help you map out your own version without hustle or hype
- The real FOMO: Why meeting all of your goals won't necessarily give you a sense of purpose
- 5 actionable steps to adopting a slow living lifestyle: Decluttering, goal-setting, staying present, daily action, and fine-tuning
- Mindset, action, and consistency: The 3-part success formula to achieving your long-term goals without burnout
- Discover your mission: How to begin a slow living journey that aligns with your true self
- The mindset shift required for slow living, and why it's important to understand the underlying motivations for it
- How committing just 10 minutes a day to your goals can change your life without overwhelming yourself
- Harmonizing mind, body, and spirit: Setting the foundation for your slow living journey
- Decluttering your life with the PROM Method: Purge, Remove, Organize, and Maintain

## CONNECT WITH STEPHANIE:

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