



# The Slow Fix: Solve Problems, Work Smarter, and Live Better in a World Addicted to Speed

By Carl Honoré

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In *The Slow Fix*, bestselling author Carl Honoré delivers an exhilarating model for effective problem-solving, and provides brilliant insights on how you can solve problems, work smarter, and live better. Honoré decodes how we approach problems and paves the way to better decision-making and generating long-term solutions to life's inevitable challenges. Engaging and thought-provoking, *The Slow Fix* revolutionizes the way we live, work, consume, and think, ultimately increasing our wins and enhancing personal success.

With *The Slow Fix*, Honoré details a new paradigm for efficient, sustainable problem solving, teaching us how to use time to build expertise, take advantage of teamwork, find the right messenger to deliver our message, and much more.

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### Editorial Review

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Journalist Honoré observes that our society is hooked on the quick fix as we seek the maximum return for the minimum effort. He offers a practical and entertaining guide to what he calls the “slow fix” for problem solving: hard work requiring humility to admit we do not have all the answers and we need time and help. The self-help industry encourages the quick fix, and Honoré acknowledges the media’s role, too, as it immediately leaps into a crisis and demands instant answers and remedies. Steps in the author’s slow fix for solving complex problems include taking time to admit mistakes and finding what is really wrong, focusing on details, thinking long, building holistic solutions, seeking ideas from others and sharing the credit, acquiring expertise while remaining skeptical of experts, tapping emotions, enlisting a leader, consulting those closest to the problem, treating problem solving as a game, following hunches, adapting by trial and error, and embracing uncertainty. This is a sound, thought-provoking book. --Mary Whaley

Review

“Accessible, lucid and wise, this book should sit in every government and managerial office.” (**The Independent**)

“Honore has a winning style and an infectious curiosity about the minutiae of other people’s lives.” (**Wall Street Journal**)

“A practical and entertaining guide...a sound, thought-provoking book.” (**Booklist**)

From the Back Cover

A doctor prescribes a pill to treat symptoms of a disease instead of the root cause. The CEO of a corporation takes a shortcut to financial growth. A new mom embarks on a crash diet to get rid of pregnancy pounds.

Quick fixes have become the commonly accepted approach to problems in almost every area of our lives. And yet these "instant" solutions don't work, lead to more problems, and end up taking more of our precious time.

With *The Slow Fix*, international bestselling author Carl Honoré doesn't only describe what's wrong with taking the quick or easy route; he shows us a new approach to problem solving that works in any area of life, from health and relationships to business and community. Honoré details a new paradigm for efficient, sustainable problem solving, teaching us how to utilize time to build expertise, take advantage of teamwork, find the right messenger to deliver our message, and much more.

*The Slow Fix* changes our understanding of problem solving. Whether we're negotiating the family chore load at home, addressing a delicate issue at work, or attempting to tackle something on a large scale, Honoré shows us ways to solve problems today that will prove sustainable for years to come.

### Users Review

**From reader reviews:**

**Nellie Kim:**

What do you concentrate on book? It is just for students since they're still students or that for all people in the world, what best subject for that? Only you can be answered for that issue above. Every person has distinct personality and hobby for every other. Don't to be pushed someone or something that they don't wish do that. You must know how great as well as important the book *The Slow Fix: Solve Problems, Work Smarter, and Live Better in a World Addicted to Speed*. All type of book is it possible to see on many solutions. You can look for the internet resources or other social media.

**Monica Philson:**

This *The Slow Fix: Solve Problems, Work Smarter, and Live Better in a World Addicted to Speed* book is not really ordinary book, you have it then the world is in your hands. The benefit you receive by reading this book is definitely information inside this publication incredible fresh, you will get data which is getting deeper a person read a lot of information you will get. That *The Slow Fix: Solve Problems, Work Smarter, and Live Better in a World Addicted to Speed* without we comprehend teach the one who looking at it become critical in considering and analyzing. Don't possibly be worry *The Slow Fix: Solve Problems, Work Smarter, and Live Better in a World Addicted to Speed* can bring once you are and not make your carrier space or bookshelves' become full because you can have it in the lovely laptop even phone. This *The Slow Fix: Solve Problems, Work Smarter, and Live Better in a World Addicted to Speed* having fine arrangement in word and layout, so you will not really feel uninterested in reading.

**Hoyt Knapp:**

Nowadays reading books are more than want or need but also be a life style. This reading routine give you lot of advantages. The huge benefits you got of course the knowledge the rest of the information inside the book in which improve your knowledge and information. The details you get based on what kind of guide you read, if you want send more knowledge just go with training books but if you want truly feel happy read one with theme for entertaining including comic or novel. The *The Slow Fix: Solve Problems, Work Smarter, and Live Better in a World Addicted to Speed* is kind of reserve which is giving the reader unpredictable experience.

**Jason Buckley:**

Your reading 6th sense will not betray you, why because this *The Slow Fix: Solve Problems, Work Smarter, and Live Better in a World Addicted to Speed* guide written by well-known writer who really knows well how to make book that may be understand by anyone who also read the book. Written in good manner for you, leaking every ideas and publishing skill only for eliminate your own hunger then you still uncertainty *The Slow Fix: Solve Problems, Work Smarter, and Live Better in a World Addicted to Speed* as good book not merely by the cover but also from the content. This is one e-book that can break don't ascertain book by its include, so do you still needing an additional sixth sense to pick that!? Oh come on your reading sixth sense already said so why you have to listening to one more sixth sense.

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