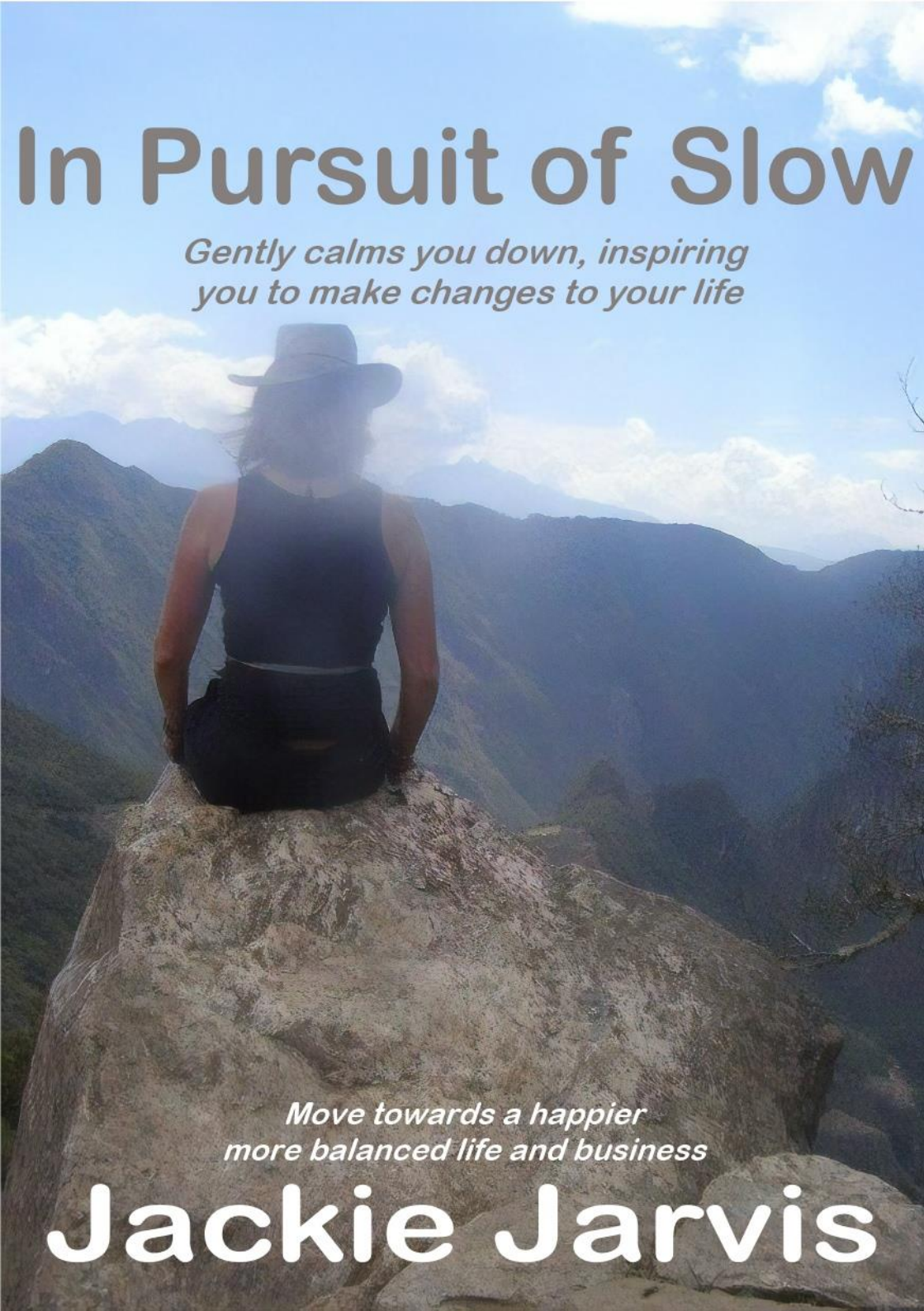
In Pursuit of Slow
Gently calms you down, inspiring
you to make changes to your life
Move towards a happier
more balanced life and business
Jackie Jarvis

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Continue your Pursuit of Slow with Jackie Jarvis at
inpursuitofslow.com

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Sylvia Baldock for her speaker coaching which has given me the confidence and skill to get on stage to share these powerful *Voice of Slow* messages as an inspirational speaker.

Laurelle Rond for her wonderful meditation, chanting, and sound therapy sessions which have worked their magic for me over many years.

My life experiences with all the ups and downs, good times and bad, for without them I would not be here now, having finished this book, and able to share these important lessons with you.

With Love,

Jackie

inpursuitofslow.com

About The Author

Jackie Jarvis – The Walking Business Coach

Jackie works with business owners and professionals who find themselves burning out with busyness, and as a result not feeling as happy or satisfied as they could be. She helps them to slow down, take time out from their busy schedules to regain clarity, make good decisions and focus on what matters most. She helps to reignite passion and implement the right plan of action at the right pace, balancing business and personal life.

Her personal coaching method embraces the natural environment, as well as, simple technology (Skype and Zoom) and her coaching style enables her clients to create the space to think by, to getting out from behind their desks to walk, talk and think clearly.

Jackie's career in sales, management and marketing has enabled her to experience both corporate and small business environments. She understands the different pressures, demands and associated life styles. Her work as a business growth coach and sales expert over the last 15 plus years has enabled her to work with many successful ambitious business owners, professional practices and entrepreneurs.

She is the international author of **In Pursuit of Slow**, **Quick Wins in Sales and Marketing** and co-author of two Amazon best - selling titles: **My Camino Walk** and **Sales Genius**.

In her spare time, she spends a lot of time outdoors, running, walking and cycling in nature which inspires her writing and her insightful coaching style.

To find out more about Jackie:
www.walkingbusinesscoach.com
www.jackiejarvis.co.uk

Jackie's resources:
www.inpursuitofslow.com (book and online course)
www.naturalstressfreeselling.com (online course)

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Please request to join our private group
@InPursuitOfSlowCommunity

Reviews

This book is special. This is why…

"If despite your success, and manic pace of life, you still feel frustrated and unfulfilled - In Pursuit of Slow is prescribed reading. But caution. Read it slowly. Contemplate the carefully placed words. Hidden within these pages is a powerful life enhancing message, a key to a deeper, richer more fulfilling life, which I found inspiring."

Andrew Priestley Grad Dip Psych, BEd. The Coaching Experience.

*"This wonderful read stopped me in my *busy* tracks. The author gently inspires with a compelling and engaging message which will speak to anyone who finds themselves in the fast lane unable to take their foot off the pedal. Highly recommended. I keep my copy by my bedside as a constant reminder of this important message."*

Nikki Poole, MD Hedges Law

"Read it - you can't help but be challenged and stimulated by the insightful content! Jackie introduces us to the idea that it's acceptable (nay, essential!) to slow down and listen to your intuition. That's the path to fulfilment and happiness. The probing questions at the end of each chapter will have you pondering for ages and taking real steps towards a happier life."

Vinden Grace and Eve Grace-Kelly, Success Coaches and (Pre)-Retirement Coaches

"In my business the word 'slow' has negative associations so I was unsure if 'going slow' could work for me. Because Jackie is so honest and open in her journey, I found her messages easy to relate to. I was able to see things from a different perspective and embrace the benefits of going slower in both my personal life and business."

Dawn Lillington, Design Business Owner

"The clarity, crisp guidance and depth of sharing, as Jackie so very openly offers up her own experiences, and at times her vulnerability gives this book authenticity. Jackie's sharing of how she learnt the importance of slowing down, demonstrates integrity. Rather than being a preachy, you should do this, that or the other, it is more of a come and join me approach, let us pursue slowing down together. I like that!"

Susanne Austin, Intuitive/Writer/ True-life Mentor & Guide

What this book did, it stimulated clear thought, it called for me to look at myself and look at my patterns. I could feel and hear the "voices" from start to finish and each page I turned said ... "stop and think a moment " this wasn't a read, this was a lesson, and very much appreciated.

Nigel Kivell, Juice Plus Business Owner

"In my opinion Jackie is an excellent writer. I really enjoyed In Pursuit of Slow. It is an easy read with personal stories and it flows naturally."

Claus Bockmann, Author of Challenges of Meaning, Love and Success

Prelude

This book has important messages for you if…

You are running too fast, doing too much, and generally feeling disillusioned with the pressure to keep up.

Trying to be perfect can quickly turn into an ongoing battle. Your life becomes like *Groundhog Day*, more of the same, over and over again. You want to slow down but you won't give yourself permission. The race you find yourself in is getting harder to win. You are tired of the struggle. You want yourself back.

"Come with me where dreams are born and time is never planned"

Peter Pan

The saying, *'You teach best that which you most need to learn',* is the reason this book exists. I have written it for myself as much as for you.

Learning lessons from the *Voice of Slow* is also my journey. *'Slow'* has been a word which I have been afraid of, a word which I have been running from all my life.

Running through time

I have been running for as long as I can remember. Pushing for things to happen. Juggling, multi-tasking, always trying extra hard to make things work in my life. The results have been varied. Like most people, I have had my ups and downs, but mostly I have kept going, often moving through life like a whirlwind.

I can remember when I was 10 years old, sitting on a swing in a local park, thinking about the passing of time. I remember saying to myself, I will remember this moment.

Swinging back and forth, shouting out loud 'Soon I will be 15 Soon I will be 20 ', and so on. At the time, being much older

seemed so very far away. Looking back from where I am today, it does not.

I remember making a commitment to myself to always remember that time. To hold it in my mind, like a movie, so that I could replay it whenever I wanted.

I didn't know back then what was in store for me, which path I would take through life, and what I was here to learn. All I knew was that I was having fun and that was enough.

I do believe that before we are born, we choose the 'Play of Our Life', in which we are to be actors. We are given the adventure and the growth we need most in order to evolve. It is up to us to learn the lessons. If we fail to learn the lessons the first time, the same opportunity will be presented over and over again until we do. You may have noticed this in your own life; the same patterns keep reappearing in different ways, in different places, and with different people.

You take yourself with you wherever you go.

When I think back to the 10-year-old me, I don't really feel any different now. I am still looking out through the same eyes, it is just that those eyes now see things from an adult's perspective.

Time has passed quickly. Aged 10, being 50 (something!) years old seemed ancient, years and years away. Now I am here, it seems like yesterday that I was swinging on that swing in the park.

In Pursuit of…

I have always been *In Pursuit* of something since that moment on the swing. Something important that I thought I might find at school, by going to university, in my various relationships, through family and friendships, by visiting different countries, through my work, building a career, or by making money.

Whatever I was *In Pursuit* of has been elusive, at times hard to reach. Every setback was an opportunity to try again. To keep going. To keep pushing for more. To keep hope alive. To work

harder, to look for another way, even when the way I chose happened to be blocked.

I was the only one who could do it. I was the one who held the key.

This is my journey in *Pursuit of Slow*. A path to greater enjoyment, life fulfilment, and peace. I want it to be yours too. The messages I have to share will enable you to:

Feel the fear, but slow down anyway

Give yourself permission to take a pause

Be truer to yourself

Have the courage to let go of, or change, that which no longer serves

Find ways to reduce the stress and worry that blocks your happiness

To Trust in Slow

Ultimately, finding your own secret to being truly happy with yourself and where you find yourself in your life.

How To Get The Most From This Book

This book has been written from the heart and from my experiences in life – business and personal. In writing it I wanted to find a way of sharing the powerful messages from *The Voice of Slow,* which I connected with fully for the first time when I walked 900 miles on the ancient *Camino Frances* pilgrim route to Santiago de Compostela in 2015 and 2016.

Reflecting on my life and the paths it has taken, I realised that my own *Voice of Slow* has always been with me; I just wasn't giving it the attention it deserved.

As I share my journey through the chapters of this book it is my intention to take you with me.

I want to help you to hear your *Voice of Slow* so that you can stress less, be happier, and accomplish all that is important to you in your life.

Writing this book has had an ease about it that I have never felt before. At times, the words wrote themselves, and it felt as if I was being guided by a force greater than just me.

Read each chapter and allow whatever resonates for you to surface.

Do not judge it, just allow it to come forward.

Make notes about anything that feels significant. At the end of each chapter, you will find a special section with reflections from the *Voice of Slow*. These reflective questions will enable you to relate these powerful lessons to your life as you hear what your own *Voice of Slow* has to say to you.

Enjoy.

With much love,

Jackie

PS. You will find more information about me at the end of the book as well as, details about our In Pursuit of Slow Community.

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1. The Voice Of Slow

"The only tyrant I accept in this world is the still voice within"

Mahatma Gandhi

This chapter introduces the concept that we all have our own ***Voice of Slow***.

Our *Voice of Slow* wants us to listen, to take heed. It wants us to stop running too fast and doing too much. It wants the best for us.

The conflict which often exists between our mind-based *Ego* and our feeling-based *Soul* is introduced here. This helps to explain what can impede our ability to slow down when required. Being open to listening to your *Voice of Slow* is the starting point in the process.

What does your *Voice of Slow* say when it whispers gently to you? Does it ask you to take your time, to stop juggling tasks, to stop pushing for more? Does it plead with you to rest for a while, to savour moments in your life, to take a pause?

Do you heed its calling, or do you choose to ignore its presence? Do you prefer to listen to another voice that speaks louder in your head, telling you that you can't stop, that if you do, you may never get going again? That you must not let anyone down, you must keep going?

Who says that you don't have permission to pause?

In quieter moments, you may hear your *Voice of Slow* calling and feel its presence. It wants you to be happy, to feel those moments of joy in your life, to be free of the chains that bind you to working so hard and continually pushing yourself. It wants you to know that you can trust yourself. You don't have to listen to *'shoulds', 'musts', 'must nots'* and *'can'ts'*. These are rules that no longer serve you.