

About this book

The world is not going to slow down for you. But you can choose to stop running with it.

In *The Unhurried Life*, Maren Kessler offers a warm and practical path back to yourself — a guide to reclaiming your attention, protecting your energy, and living at a pace that actually feels human.

This is not a book about perfection. It's about the quiet courage it takes to pause.

Are you ready to begin?



The Unhurried Life

Slowing Down in a World That Won't

MAREN KESSLER