



Almost Amish: One Woman's Quest for a Slower, Simpler, More Sustainable Life

Nancy Sleeth

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Have you ever stopped to think, *Maybe the Amish are on to something?* Look around. We tweet while we drive, we talk while we text, and we surf the Internet until we fall asleep. We are essentially plugged in and available 24 hours a day, seven days a week.

Rather than mastering technology, we have allowed technology to master us. We are an exhausted nation. No one has enough time, everyone feels stressed out, and our kids spend more hours staring at a screen each week than they do playing outside.

It's time to simplify our lives, make faith and family the focal point, and recapture the lost art of simple living. Building on the basic principles of Amish life, Nancy Sleeth shows readers how making conscious choices to limit (and in some cases eliminate) technology's hold on our lives and getting back to basics can help us lead calmer, more focused, less harried lives that result in stronger, deeper relationships with our families, friends, and God.

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