

## **Speed worship**

We love speed. When it comes to doing business and connecting with people, speed is important. We need to get our work done faster. We worry that we're too slow, that we aren't efficient enough or productive enough to succeed. We need to get there first. How do we do this? We speed up. Why? Because we seem to associate "slow" with failure, inefficiency and perhaps worse: laziness.

## **City life**

Many people complain that they don't have enough time. They have too much work to do every day and there are always too many things that they haven't done. There is pressure to be available 24/7 — to colleagues, clients and friends. We spend around 13 hours a week on emails and an average of three hours a day on social networking sites. City living can make things worse — we spend 106 days of our life looking for a parking space and up to three days a year in traffic jams. We have less time to relax, and this makes us more impatient and less polite. Even birds are affected by the pace of urban living — blackbirds in cities get up earlier and go to sleep later than rural blackbirds.