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# CARL HONORÉ

LONDON  
SPEAKER  
BUREAU

- Leader Global Slow Movement



“Carl Honoré is an award-winning insightful, energetic and carefully prepared leader of the global Slow Movement. Excellent feedback from all participants with no exception!”

Canadian National Railway Company  
The Wall Street Journal hailed him as “an in-demand spokesman on slowness.” CBC Sunday presented him as “aarguably, the go-to leading expert on the Slow Movement.” The Huffington Post described his insights as “a sign of a change in the way we think about slowing down.”  
After working with street children in Brazil, Carl Honoré covered Europe and South America for the Economist, Observer, Miami Herald, Houston Chronicle, Time, National Post and other publications.  
Business Leaders Malta

## Topics

- Health
- Lifestyle
- Wellbeing

His first book, *In Praise of Slow*, examines our compulsion to hurry and chronicles a global trend toward putting on the brakes. His second book, *Under Pressure*, explores the good, the bad and the ugly of modern childrearing – and offers a blueprint for change.

Honoré’s latest book, *The Slow Fix*, explores how to tackle complex problems in every walk of life, from health and relationships to business and politics, without falling for superficial, short-term quick fixes.

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## TESTIMONIALS