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# CARL HONORÉ

- Leader Global Slow Movement

LONDON  
SPEAKER  
BUREAU

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Carl Honoré is an award-winning writer, broadcaster and leader of the global Slow Movement.

The Wall Street Journal hailed him as “an in-demand spokesman on slowness.” CBC Sunday Edition called him “inarguably, the world’s leading evangelist for the Slow Movement.” The Huffington Post described him as “the unofficial godfather of a growing cultural shift toward 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.

## Topics

- Health
- Lifestyle
- Society
- 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

“Many thanks for a superb, insightful, dynamic, fun and fully inspiring presentation! Just had excellent feedback from all participants with no exception!”  
Canadian National Railway Company

“Carl’s presentation was a hit, delivering a fresh perspective to our latest conference that tackled speed in business. Carl’s insights and passion managed to inspire so many C-level executives that going slower at times pays more and as a result it helps us improve and possibly find ways of doing things smarter and faster. I highly recommend Carl as he is a very good public speaker and able to adapt his ‘Slow Movement’ to so many different contexts.”  
Business Leaders Malta