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## **Power of Slow blogger Christine Louise Hohlbaum Launches Focus Fridays Podcast Series**



*Business professionals reveal how they find focus in our 24/7 world*

**Munich, Germany** (July 1, 2010) – Veteran blogger Christine Louise Hohlbaum has launched a new podcast series entitled Focus Fridays on <http://PowerofSlow.wordpress.com> to inspire others to find focus in our 24/7 world. The series will run every Friday until Labor Day.

"A recent Morpace, Inc. study revealed that 68% of all Facebook users check email simultaneously," says the American author from her home in the outskirts of Munich. "We're multitasking maniacs. It's time for focus to regain its priority in our lives."

The idea for the podcast series is to interview people on how they find focus amidst their split-attention lives. The series covers a variety of perspectives from a lawyer, small business owner and other professionals across the globe.

The podcast can be either downloaded or listened to directly on the site.

Hohlbaum's book, *The Power of Slow: 101 Ways to Save Time in Our 24/7 World* (ISBN: 0312570481, St. Martin's Press, October 27, 2009) encourages readers to embrace a positive relationship with time so they have more of it. Time abundance and mindful living, not time famine and purposelessness, are the underlying precepts behind the power of slow.

Visitors can listen to the podcast and receive a Power of Slow Badge of Honor by visiting <http://PowerofSlow.wordpress.com>.

### **About PowerofSlow.wordpress.com**

The blog, Power of Slow, was founded in November 2008 as a platform to accompany Christine Louise Hohlbaum's book, *The Power of Slow: 101 Ways to Save Time in Our 24/7 World* (St. Martin's Press, October 2009). The topics range from work-life balance, task management, time perception, and management issues. Hohlbaum, who has been featured in *The New York Times*, CNN.com, *Chicago Tribune*, *San Francisco Chronicle*, *Christian Science Monitor*, *Woman's Day*, NPR and more, strives to change the world through words.

Interviews available upon request.

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