



Slow Love: How I Lost My Job, Put on My Pajamas, and Found Happiness

By Dominique Browning

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"In burnished, exquisite prose, Browning describes her feelings of being set adrift until she gradually transforms her helter-skelter days into a deliberate, contemplative way of life." -The Boston Globe

In late 2007, Dominique Browning, the editor-in-chief of Conde Nast's *House & Garden*, was informed that the magazine had folded-and she was out of a job. Suddenly divested of the income and sense of purpose that had driven her for most of her adult life, Browning panicked. But freed of the incessant pressure to multi-task and perform, she unexpectedly discovered a more meaningful way to live.

Browning's witty and thoughtful memoir has already touched a chord with reviewers and readers alike. While untold millions are feeling the stress of modern life, *Slow Love* eloquently reminds us to appreciate what we have-a timely message that we all need to hear.

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Editorial Review

From Publishers Weekly

Starred Review. Browning's 13-year-job as editor-in-chief of *House & Garden* fulfillingly defined her days and her identity; when the magazine folded two years ago, she was shaken to the core of her being. Having maintained her Westchester house, family of two grown sons, extensive garden, and frequent dining out, her life and general sense of self was radically shaken over the next year, and in this enchanting, funny, deeply gracious memoir, Browning, many years divorced, recounts how she found enlightenment at the other end. Writing was one way to absorb the panic; she went on a muffin-baking binge and gained 15 pounds; lost track of days, remaining comfortingly in her pjs and yearning perilously to reconnect to a former lover she calls Stroller, who was deemed wrong for her by everyone she knew. A few small decisions had enormous impact, such as when insomnia compelled her to tackle Bach's Goldberg Variations on the piano, and poignantly she refocused on her artistic nature. There is such feeling and care on each page of Browning's well-honed memoir—her rediscovery of nature, her avowal to let love find her rather than seek it, tapping satisfying work at her own keyboard—that the reader is swept along in a pleasant mood of transcendence. (May)

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Review

"In burnished, exquisite prose, Browning describes her feelings of being set adrift until she gradually transforms her helter-skelter days into a deliberate, contemplative way of life."—*The Boston Globe*

"The triumph of spirit over circumstance... I will return... to Browning's sublime account of what she calls 'the intertidal years.'"—*The New York Times*

"A compelling and often funny addition to that burgeoning literary subset of autobiography: namely, women's memoirs about being knocked down in midlife and, painfully, arthritically, figuring out a way to get up again."—NPR

"How Dominique learned to slow down in her life... the perfect gift for any woman who's recently lost a job."—*The Washington Post*

About the Author

Dominique Browning is a writer, editor, publishing consultant, and the author of two previous nonfiction books. A classically trained pianist and the mother of two sons, she lives in New York and Rhode Island.

Users Review

From reader reviews:

Gabriel Harris:

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Sheri Williams:

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