



Gen X Revolution

Christine Lee John

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Generation X was meant to change the world. Christine Lee John provides a step by step guide on how to begin for a generation who never sleeps and does not have time to put food on the table. Start changing the world by learning to slow down and use mindfulness and intention to heal yourself and those around you. Work, play, eat and live with purpose. Become a part of the "slacker" generation who changes the way the world thinks. Follow the simple steps in this book to join the movement that will put an end to the pursuit of property and begin the pursuit of happiness. It's time for Generation X to mindfully pull together and unite. Slowing down is the first step.

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