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En gave til deg selv

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Kristin Flood

Silence

Silence is becoming a luxury for the active humans of today. More and more of us experience stress and worry. Kristin Flood inspires us in creating more quiet moments in our lives. This will make us more able to meet the demands of our time:

"Silence inspires us to look at life from a new angle than before. From here we can find new and more creative solutions. Or learn to accept the inevitable. We develop a greater unison between what we feel, think and experience, and the life we live. In this way silence helps us navigate better through our every day life, and through our life."

Kristin Flood

Kristin Flood is a journalist and author. She is currently living in Venice where she is working as a freelance journalist for the Norwegian and Scandinavian press.



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