



The Time Paradox: Using the New Psychology of Time to Your Advantage

Philip Zimbardo John Boyd

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Every significant choice, every important decision we make, is determined by our perception of time. This is the most influential force in our lives, yet we are virtually unaware of it. In this fascinating book, the award-winning past president of the American Psychological Association, Philip Zimbardo, and his co-author, John Boyd, show how: the way you perceive time is as unique as your fingerprints; these individual time perspectives shape your life, and the world around you; you can change the way you perceive time, so you get the most out of every minute; and, if you don't, the power of time in the modern world is so immense that it will take its toll on you. "The Time Paradox" is a highly readable, stimulating look at a subject that absorbs us all.

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