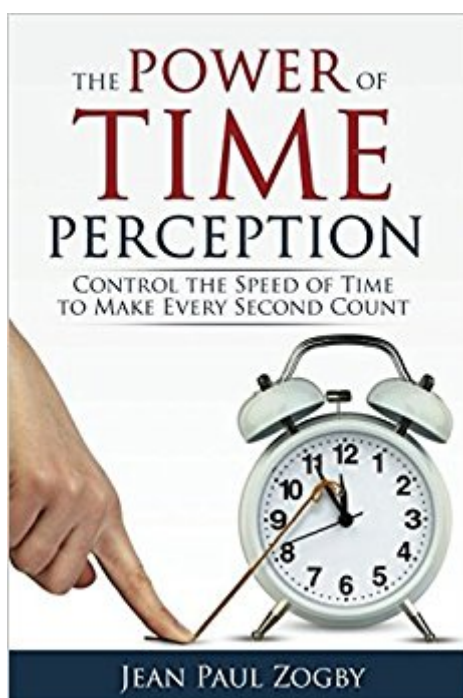


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# The Power Of Time Perception: Control The Speed Of Time To Make Every Second Count



## Synopsis

"This is psychology, neuroscience, and self-help material, all rolled into one!" - Psychology Corner "The 'next level' in time management that many have been looking for" - Midwest Book Review Do you wonder how time flies? Want to learn the secrets to slow it down? With ground-breaking research, now you can live the longest year of your life! Discover how to extend the good times and fast forward through the bad ones. Learn how to deal with aging by stretching your perceived lifespan and living a fulfilling life. Understand how our brains perceive time, what things causes time to speed up, and how to slow it down to Make Every Second Count. You will also get FREE access to the online test that can measure the speed of time in your brain along with a copy of The Ultimate Guide to a Healthy Brain Diet, that will help you maintain an alert brain that is capable of slowing down time. The Book covers topics such as: Why time flies as we grow older? How famous athletes manage to perceive things as if in slow motion? How certain aspects of your personality influences our time experience? How different emotions affect the speed of time in your mind? Mental time travel into the future and how you can harness its power? Ways to live in the moment and slow down time in your life? How to look back at a week, month, or year and be satisfied it was time well spent? And much more... Ready to Live the Longest Year of Your Life? This book is based on the latest ground breaking findings in neuroscience and psychology. Get your copy today! Every Second Counts!

## Book Information

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## Customer Reviews

Zogby's 'Power of Time Perception' is a worthwhile endeavour, and his thoughtful explanations and meditations have a wide appeal. - Publisher's Weekly "This book is the 'next level' in time management that many have been looking for" - Diane Donovan, Senior Reviewer, Midwest Book Review "You will never think about your day the same once you finish reading this book!" - Lucia Grosaru, Psychology Corner "The Power of Time Perception" will make you more aware of the impact of time on your life, as well as the opportunities to alter your current trajectory and make the most of it" - Dr. Joseph S. Maresca, Hall of Fame Top 1000 Reviewer "Finally a book that focuses not on how to get more done in less time but rather how to live a full life. I highly recommend it to anyone interested in the subject of why time seems to speed up and how to slow it down." - Doug Erlandson, Top 100 Reviewers "A fascinating, humorous, and thought-provoking journey through the neuroscience and psychology of time perception. The author simplifies complex concepts and breathes life into them with real-world examples. It will change your view on time and how you use it" - Sarah Busby, Reedsy Editor - Publisher's Weekly Review Zogby shares the intriguing results of Time Perception and interviews with experts in the field. Having grown up in a civil war, Zogby escaped death on multiple occasions and witnessed the deaths of close friends; these experiences gave him an appreciation for how precious time is and a desire to somehow slow it down. Zogby begins by describing how people sense time, before delving into brain biology. He also discusses how time is limited to the speed at which the brain captures and processes sensory information. The middle chapters address the many factors that influence one's experience of time: among them, mindfulness, extreme alertness, emotional control, personality type, and the use of drugs. In the final chapters, Zogby delves into remembrance, "mental time travel," and the aging brain before concluding with thoughts on living in the moment and for a prosperous, long time. Zogby's endeavor is a worthwhile one, and his thoughtful explanations and meditations have a wide appeal. - Publisher's Weekly Midwest Book Review The Power of Time Perception is a counter proposal to the idea of time flying by, delving into the nature of how the brain perceives time's passage, how emotions or life experiences alter the experience of time, and how personal reality and time can both be altered through a series of techniques that anyone can master. Many books discuss time management; but few discuss the nature of the time being managed, or the mechanics of how to alter it. Readers who anticipate a self-help approach or time management guide alone maybe surprised and initially stymied by the healthy dose of supporting science and psychology behind

these suggestions; but given how many lighter (and less informative) approaches are on the market, it's pleasing to see a book that intermingles self-help with science and delves into specifics at points where too many others would generalize. The result is no light discussion, but an in-depth read that pairs insights on evolutionary processes and the latest research with pointers on how readers can make the most out of time. This book is the 'next level' in time management that many have been looking for: a concrete approach that pairs insights on time perception with tips on how to alter and better handle time's challenges.-- D. Donovan, Senior Reviewer, Midwest Book Review Readers' Favorite Reviews

The Power of Time Perception by Jean Paul Zogby is an extremely thought-provoking and, in some ways, startling book about the fundamental nature and reality of time. Time is something most of us take for granted, not only in our daily lives, but as a fact that exists. In The Power of Time Perception, Jean Paul Zogby shows us that time is interlinked with space in fundamental ways and, even more surprising, that the concept of time itself is created by our brain and mind and may very well be the ultimate illusion in a certain sense. The book is divided into four clear sections: how we experience time, the factors responsible for our individual perception of time, time as experienced in relation to the past and future, and how we can manage or control time to make every second count when needed. This book is a rare find that draws upon various fields and combines the metaphysical, psychological, and neurological aspects of the perception and meaning of time. I loved reading The Power of Time Perception and, in fact, there is so much information to take in and ponder over that I would probably re-read certain sections again. I was very surprised to realize how much we take time for granted and think of it as a fundamental aspect of reality when, in fact, it may or may not be so. But what Jean Paul shows through this book is that one can learn to make every second count when needed and, basically, make the most of the life that is given. I also loved hearing about the research conducted in the neurological and scientific fields presented in this book. I could then apply this new knowledge to the metaphysical questions regarding time and everything made more sense. A very well researched book that I would highly recommend! -- Gisela Dixon for Readers' Favorite

"A fascinating, humorous, and thought-provoking journey through the neuroscience and psychology of time perception. The author simplifies complex concepts and breathes life into them with real-world examples. It will change your view on time and how you use it"#39;" -Sarah Busby, Reedsy Editor

Do you often wonder why you feel you were 20 years old just yesterday? Do you wonder where all

those years go? Are you struggling to make more time? I wrote this book because I am fascinated about time and how we perceive it. I have researched Time Perception for over 6 years now and I am eager to share what neuroscience has to say about that subject. In this book, you will read about some of the fascinating, and perhaps seemingly bizarre, experiments scientists have undertaken to understand how we perceive time. These range from putting rats on cocaine, and heating the brain to unbearable temperatures, to pushing students from high platforms, and making them watch nasty spiders! You will explore ways to how time flows in your mind, ways to use it more efficiently, and how to feel good about it rather than feeling a sense of frustration that it is quickly running out. My hope is that by the end of this book, you will have the tools to, in the words of the great poet Rudyard Kipling, "fill the unforgiving minute with sixty seconds' worth of distance run." After all, we only live once and the least we can do is attempt to make every second count.

The most valuable commodity in the 21st century is TIME. "The power of time" by Jean Zogby is written with the intentions of providing an insightful look into how we should not attempt to manage time but to use it, in the best way we can. The book at first begins to discuss our understanding of what time is and how we experience it. Then it moves onto referencing the psychological perception of the discussing matter and how our brains perceive this valuable commodity in reality. Some factors influence our time experience, and it is important to live in the moment and in a way take control of the situation by discovering what kind of person you are and how to prevent time from slipping away. I really enjoyed the part where the author demonstrates mental time travel. I found the topic to be very novel. The approach and analytical debates within the subject were in excellent standing. Anyone reading this book will have no difficulty following through the steps of creating quality in their life. To make every second count I believe is a hard thing to do especially when you don't find a second even to stop and make that change. This book, however, assists you in better applying this method and subsequently generating a happier life for the reader. I recommend this book to people that value their existence and seek quality in their life. If you liked this review, please don't forget to share and like it! Written by Jeyran Main

I read this book waiting for the last chapter. Each chapter I got through seemed to say the same thing in a slightly different way. So many studies and redundant examples really slowed things down. However, in the last chapter I finally got what I came for. Variety is the spice of life. Anticipation is often just as pleasurable as the anticipated activity, if not more so. Routine and

monotony cause time to seem to slip away. Live in the moment. Stop and smell the roses. Keep learning. Keep growing. Live a full life by making every moment count. Time is not money. Time is much more valuable.

Finally, a book about time that is fit for a philosopher or layman! I found this book easy to read, but chalk full of profound insights about how we understand and navigate this uniquely human construction we call "time." Zogby has really done his homework here. He starts out with a history of time, literally, trying to understand how we have come to understand our perception of how time passes. He proceeds to expertly explore how we sense time moving quickly or slowly, depending on the context in which we find ourselves. But what I found most original and engaging was his discussion of how we can actively "take control" of how we experience time, providing concrete suggestions to help us along the way. For example, Zogby discusses the effects of emotions such as fear, anger, anxiety, on our experiences of time. He suggests that to make the most of our time, we must learn to live in the moment, to pay the most attention to the things that matter, and to revel in feelings of awe in the everyday moments of life. Zogby has written a thoughtful and inspiring book. Highly Recommended!

"The Power of Time Perception" by Jean Paul Zogby is a very interesting book which covers the dynamics of time. Zogby examines time in 4 different ways beginning with how we experience time, factors influencing our perception, how we perceive the past or future and making our finite time count maximally. Zogby tackles the perceptive type questions like where did the summer vacation go? A related question is where did my life go for an elderly person? He explains our western notions of time which tend to be linear in nature. And so, the past is oftentimes behind us; wherein, the future lies just ahead. Despite how we view the past or future, there are lessons to be learned from the past. Each of us must ponder what went wrong in the past and take corrective action so that the same undesirable outcomes don't repeat in the future. Learning from the past isn't necessarily reliving the past. To set up a positive portrait for the future, each of us must set forth meritorious goals and work toward achieving them to shape possibilities for a better future. Overall, "The Power of Time Perception" by Zogby makes us more aware of the impact of time on our lives, as well as, opportunities to alter our current trajectory using rational rule structures.

Interesting challenge about time. But no exercises are included. Time tends to escape us. We are on

a "roller coaster" of life, going too fast...sometimes, and too slow...at other times. Perhaps the author will add exercises on his web page, soon. I hope so.

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