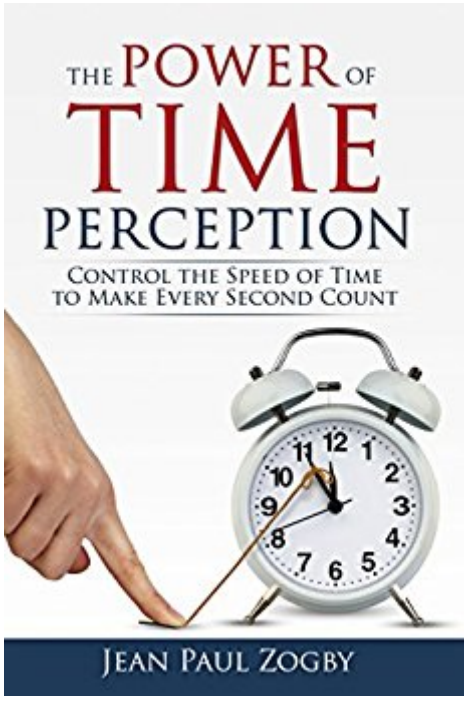
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The Power Of Time Perception: Control The Speed Of Time To Slow Down Aging, Live A Long Life, And Make Every Second Count



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Synopsis

WonderingÃ Â how timeÃ Â flies? Want to slow it down?Live the Longest Year of Your Life &Ã Â Make Every Second Count!With theÃ Â latest in brain science, discover how to stretch the good times and fast forward through the bad ones. Understand how your brain perceives time, why itÃ Â speeds up, and how toÃ Â make the most of it!"This is Psychology, Neuroscience,Ã Â and Self Help material, all rolled into one!"-Ã Â Psychology CornerPLUSÃ Â you will getÃ Â FREEÃ Â instantÃ Â access to:The OnlineÃ Â Speed of Time TestÃ Â that measuresÃ Â how fast time runs in your mindA copy ofÃ Â The Ultimate Guide to a Healthy BrainÃ Â Diet,Ã Â to maintain an alert brain capable of slowing down time.WithÃ Â The Power of Time Perception, you will discover:Why time flies as we grow olderÃ Â and how to slow it downHow famous athletes use theirÃ Â super focusÃ Â to perceive timeÃ Â as if inÃ Â slow motionHow yourÃ Â time experience is affected byÃ Â yourÃ Â personality, i.e. whether you areÃ Â an introvert or extrovert, a morning or an evening person, anxious or calm, patient or impulsive person, etcHowÃ Â yourÃ Â emotions,Ã Â such as anger, fear, sadness, anxiety, and happiness,Ã Â affect the speed of timeÃ Â in your mindMentalÃ Â time travelÃ Â into the futureÃ Â and harnessing theÃ Â power of positive thinking and future planningLiving in the momentÃ Â toÃ Â slow down timeÃ Â and craftingÃ Â a long and fulfilling lifeAnd much more...Ready to Live the Longest Year of Your Life?WithÃ Â The Power of Time Perception,Ã Â Now You Can!Click "Buy Now"Ã Â to get your copy!Ã Â Every Second Counts!

Book Information

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Customer Reviews

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 donÃƒÂ¢Ã â ¬Ã â„¢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 donÃƒÂ¢Ã â ¬Ã â„¢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 ÃƒÂ¢Ã â ¬Ã Å“time.ÃƒÂ¢Ã â ¬Ã Â• 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 ÃƒÂ¢Ã â ¬Ã Å“take controlÃƒÂ¢Ã â ¬Ã Â• 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 ÃƒÂ¢Ã â ¬Ã â œ 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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