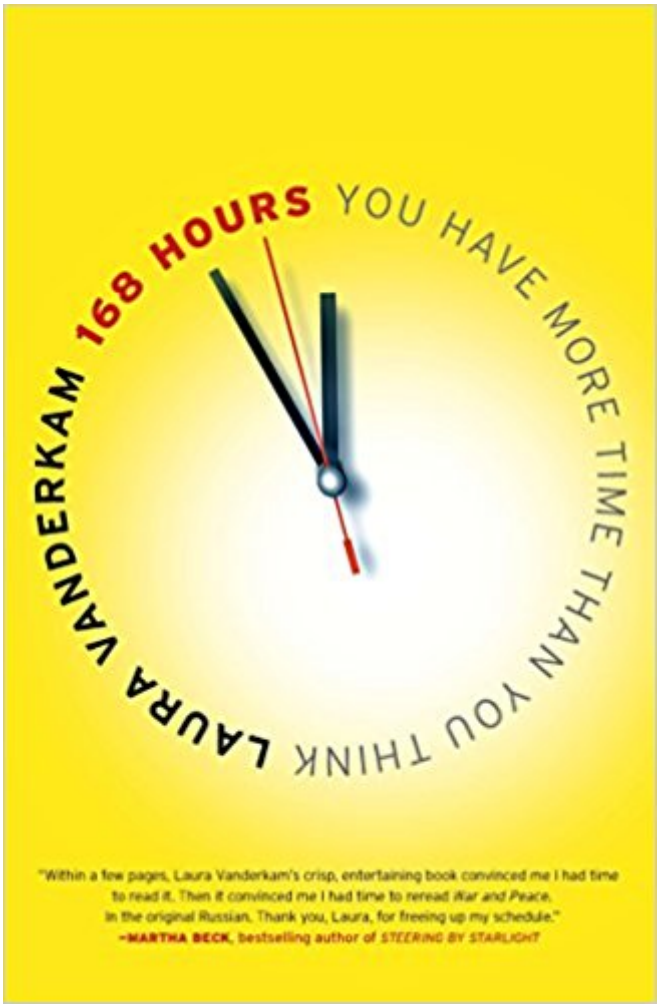
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168 Hours: You Have More Time Than You Think



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Synopsis

It’s an unquestioned truth of modern life: we are starved for time. We tell ourselves we’d like to read more, get to the gym regularly, try new hobbies, and accomplish all kinds of goals. But then we give up because there just aren’t enough hours to do it all. Or if we don’t make excuses, we make sacrifices- taking time out from other things in order to fit it all in. There has to be a better way...and Laura Vanderkam has found one. After interviewing dozens of successful, happy people, she realized that they allocate their time differently than most of us. Instead of letting the daily grind crowd out the important stuff, they start by making sure there’s time for the important stuff. When plans go wrong and they run out of time, only their lesser priorities suffer. Vanderkam shows that with a little examination and prioritizing, you’ll find it is possible to sleep eight hours a night, exercise five days a week, take piano lessons, and write a novel without giving up quality time for work, family, and other things that really matter.

Book Information

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Average Customer Review: 3.8 out of 5 stars 131 customer reviews
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Customer Reviews

Vanderkam (Grindhopping) offers a new system of time management: if readers want to make more time to spend with their children, get fit, or write that novel, they must slash nonessential time wasters and minimize tasks that are not core competencies, a business term for what a company does best and must prioritize. She offers solid and even excellent career advice, about both how to make the most of time at a current job and how to manage time to get ahead. And there is something curiously fascinating about her bizarrely brutal approach to time management (There’s little point... in spending much time on activities in which you can’t excel). But given that the author

seems to be targeting a very rarefied echelon of upper-middle-class working moms (like herself), the book might have very limited appeal. More alienating, though, is her insistence on pummeling the life out of life. Vanderkam's vision may yield plenty of time to pursue worthy activities, but it's a life leached of color or spontaneity. (May) Copyright Ã Â© Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

"Within a few pages, Laura Vanderkam's crisp, entertaining book convinced me I had time to read it. Then it convinced me I had time to reread War and Peace. In the original Russian. Thank you, Laura, for freeing up my schedule." -Martha Beck, bestselling author of Steering by Starlight "We so often live our lives day by day. Laura wants us to think about doing it hour by hour. Living this mantra by example, she gets more done in a day than most of us do in a week." -Seth Godin, author of Linchpin "168 Hours is filled with tips and tricks on how you can be more efficient every day. By being more productive at work and home, you'll create more free time to focus on the truly fulfilling activities in your life, rather than the simply mundane." -Laura Stack, author of Find More Time "In 168 Hours, Vanderkam packs mounds of real-world case studies and experience to substantiate her system-and I fully agree. You can improve your mastery of time with this invaluable book." -Dave Crenshaw, author of Invaluable and founder of Invaluable, Inc. "168 Hours should be an eye-opener for every one of us who leads a busy, hectic life. Reading it made me appreciate how much 'true' amount of time I really have and how to use it wisely and optimally to boost productivity, efficiency, and joy." -Sonja Lyubomirsky, author of The How of Happiness "Laura Vanderkam shows us how to use our only real wealth-our 168 hours a week- to make our lives richer, not busier. That's a wonderful gift, because it's what genuine success is all about." -Geoff Colvin, author of Talent Is Overrated "Laura Vanderkam's fluid style and perceptive eye are just the right tools to help create the life of your intentions. 168 Hours is the antidote to 'living for the weekend.'" -Marc and Amy Vachon, authors of Equally Shared Parenting "This book is a reality check that leads any reader to say, 'I do have time for what is important to me.' Full of real life examples, Laura Vanderkam teaches how to pack what matters most into both your work and home life. A must read if you are looking for life-changing strategies to make your next minute, hour or 168 Hours more meaningful." -Jones Loflin and Todd Musig, Co-authors of Juggling Elephants "We predict that 168 Hours will fly off the shelves and into the hands of anyone who has ever uttered the words: 'I'm SO busy!' or 'If only I had more time!' Vanderkam's approach is incredibly powerful and resonant given the average American watches 4 hours of television. A day!" -Cali Ressler and Jody Thompson,

Co-Creators of Results-Only Work Environment (ROWE) and Co-Authors of Why Work Sucks and How to Fix It

Vanderbilt does a wonderful job of providing real-life challenges and solutions for managing one’s time. This was informative, practical, and inspiring. Worth the time!

This book provided a helpful new way of looking at the age old problem of not having enough time. Really enjoyed this book.

Good book. Great way to minimize the daily distractions and prioritize what is more important in your life. Thank you!

The book is a discussion about time management. The topic material felt particularly slanted to women though as a man I found the material interesting as well. The author greatly leverages data on the breakdown of normal daily activities and how the time spent does not advance our goals. There are a number of case studies of people who "have it all" and how they have structured their lives to do it. I found some of the material on outsourcing routine house hold tasks such as cooking, cleaning and laundry intriguing. To be clear she argues that you are outsourcing these activities to spend more time on value added activities that will increase your income, offsetting the costs.While I do not feel the work was as insightful as David Allen’s "Getting Things Done ", it was a worthwhile and interesting read.

I picked up this book because I was starting to sound like a broken record... "I don’t have enough time.I never have enough time. I can’t exercise between work, school and a baby". Within weeks, my household started to run better and I was less stressed. In months, I’ve found time to do everything that I want to get done in a week, and my husband and daughter have benefited as a result. Certainly, as many point out, some of the solutions aren’t for everyone. The author does readily suggest outsourcing a lot of things, which isn’t always affordable. But there is so much more to the book than this one point. It shouldn’t stop you from getting the book and giving it a good read. It doesn’t promise quick fixes, but it is an entirely new perspective on how to think about your time and your priorities. Happy reading!

Life changing book.

This book gets off to a very good start and the first two chapters were very engaging. Unfortunately the author quickly loses focus and starts exploring grand ideas (do what you love bla bla bla) and at some point you feel that you are just reading another bland "follow your dreams" self help book. She does makes an effort to blend these themes with the subject of the book (which is 168 hours) but the delivery is rather poor.There are also some random sections of the book where she present statistics like what housewives did in the 60's compared to housewives today. I really didn't understand what the purpose of that section was, apart from filling up a few more pages to justify the full length of a book. Overall, the book had some interesting stories but I feel it was written hastily with the purpose of getting to print quickly. It's a shame because we really need good books on time management.

I used to often times focus on a clean and organized home more than giving my children the love and attention they need. Cleaning can be done by someone else, being my children's loving mom cannot. This book cites statistics that show working moms spend almost as much or more quality time with their children as those who stay home with their children to raise them. To find more time for their children one needs to shift priorities, or outsource some things, work on important projects and pay bills when children are asleep. Great book to kick off living a more focused and fulfilled life. In an audio version, anyone can find time to listen to it.

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