



The Book of Times

Lesley Alderman

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An endlessly fascinating, beautifully designed survey of time—how long things take, how long things last, and how we spend our days

Our relationship to time is complex and paradoxical: Time stands still. Time also flies. Tomorrow is another day. Yet there's no time like the present. We want to do more in less time, but wish we could slow the clock. And despite all our time-saving devices—iPhones, DVRs, high-speed trains—Americans feel that they have less leisure time than ever.

In an era when our time feels fractured and imperiled, *The Book of Times* encourages readers to ponder time used and time spent. How long does it take to find a new mate, digest a hamburger, or compose a symphony? How much time do we spend daydreaming, texting, and getting ready for work? The book challenges our beliefs and urges us to consider how, and why, some things get faster, some things slow down, and some things never change (the need for seven to eight hours of sleep).

Packed with compelling charts, lists, and quizzes, as well as new and intriguing research, *The Book of Times* is an addictive, browsable, and provocative look at the idea of time from every direction.

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Leslie Jasso:

Spent a free time and energy to be fun activity to complete! A lot of people spent their leisure time with their family, or their own friends. Usually they performing activity like watching television, gonna beach, or picnic inside park. They actually doing same every week. Do you feel it? Will you something different to fill your personal free time/ holiday? Can be reading a book can be option to fill your totally free time/ holiday. The first thing that you ask may be what kinds of book that you should read. If you want to consider look for book, may be the reserve untitled The Book of Times can be excellent book to read. May be it could be best activity to you.

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