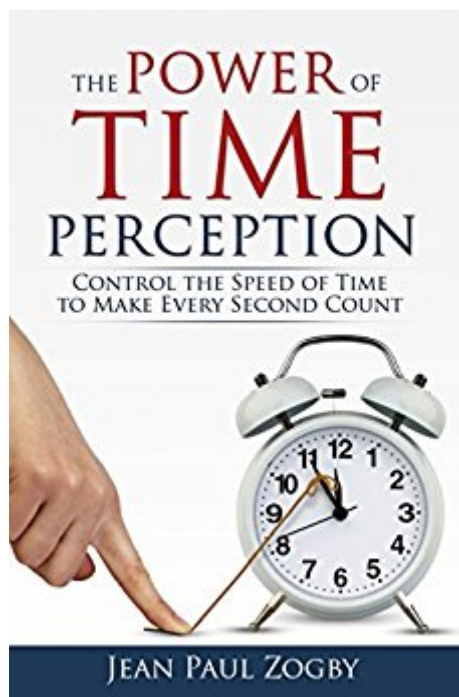




Ebook Directory
the best source of ebook

The book was found

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



Synopsis

Wondering how time flies? Want to slow it down? Live the Longest Year of Your Life & Make Every Second Count! With the 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 it speeds up, and how to make the most of it! This is Psychology, Neuroscience, and Self Help material, all rolled into one! - Psychology Corner PLUS you will get FREE instant access to: The Online Speed of Time Test that measures how fast time runs in your mind A copy of The Ultimate Guide to a Healthy Brain Diet, to maintain an alert brain capable of slowing down time. With The Power of Time Perception, you will discover: Why time flies as we grow older and how to slow it down How famous athletes use their super focus to perceive time as if in slow motion How your time experience is affected by your personality, i.e. whether you are an introvert or extrovert, a morning or an evening person, anxious or calm, patient or impulsive person, etc How your emotions, such as anger, fear, sadness, anxiety, and happiness, affect the speed of time in your mind Mental time travel into the future and harnessing the power of positive thinking and future planning Living in the moment to slow down time and crafting a long and fulfilling life And much more... Ready to Live the Longest Year of Your Life? With The Power of Time Perception, Now You Can! Click "Buy Now" to get your copy! Every Second Counts!

Book Information

File Size: 1922 KB

Print Length: 245 pages

Publisher: Time Lighthouse Publishing; 1 edition (March 31, 2017)

Publication Date: March 31, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B01MZEZL7S

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #7,241 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #1 in Books >

Science & Math > Experiments, Instruments & Measurement > Time #1 in Kindle Store > Kindle eBooks > Nonfiction > Science > Physics > Time #3 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Cognitive Neuroscience & Cognitive Neuropsychology

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 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 "The Power of Time Perception" 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.

[Download to continue reading...](#)

The Power of Time Perception: Control the Speed of Time to Slow Down Aging, Live a Long Life, and Make Every Second Count Speed Training for Combat, Boxing, Martial Arts, and MMA: How to Maximize Your Hand Speed, Foot Speed, Punching Speed, Kicking Speed, Wrestling Speed, and Fighting Speed The Power of Time Perception: Control the Speed of Time to Make Every Second Count Anti Aging: The Best Anti Aging Beauty Products, Anti Aging Medicines and Anti Aging Skin

Care Treatments to Make You Look and Feel Younger (Anti Aging, ... Secrets, Anti Aging Diet, Beauty Products) Slow Cooker Recipes: 2,000 Delicious Slow Cooker Recipes Cookbook (Slow Cooker Recipes, Slow Cooker Cookbook, Slow Cooker Chicken Recipes, Slow Cooker Soup Recipes) Crock Pot: Everyday Crock Pot and Slow Cooker Recipes for Beginners(Slow Cooker, Slow Cooker Cookbook, Slow Cooker, Slow Cooker Cookbook, Crockpot Cookbook, ... Low Carb) (Cookbook delicious recipes 1) 10 Years Younger: Breakthrough Antioxidants That Reverse The Aging Process, Diminish Wrinkles And Help You Lose Weight For Good! (Anti-Aging, Anti Aging, ... Superfoods, Aging, Wrinkles, Anti Wrinkle) Slow Cooker Cookbook: 1001 Best Slow Cooker Recipes of All Time (Fast and Slow Cookbook, Slow Cooking, Crock Pot, Instant Pot, Electric Pressure Cooker, Vegan, Paleo, Dinner, Breakfast, Healthy Meals) Slow Cooker Cookbook: 1001 Best Slow Cooker Recipes of All Time (Slow Cooking, Slow Cooker, Meals, Chicken, Crock Pot, Instant Pot, Electric Pressure Cooker, Vegan, Paleo, Breakfast, Lunch, Dinner) KETO SLOW COOKER: 120 Delicious, Quick and Easy Ketogenic Slow Cooker Recipes (keto, ketogenic, ketogenic cookbook, slow cooker, slow cooking, ketogenic ... weight loss, paleo, low carb, cleanse) Thai Slow Cooker Cookbook: 51 Classic Thai Slow Cooker Recipes with Step By Step Procedure (Thai Recipes, Thai Slow Cooker Recipes, Thai Slow Cooker Cookbook, ... Cooker, Simple Thai Cookbook, Thai Cooking) Delicious Crockpot Recipes: A Full Color Crockpot Cookbook for your Slow Cooker (Crockpot;Crockpot Recipes;Slow Cooker;Slow Cooker Recipes;Crockpot Cookbook;Slow ... Cookbook;Crock Pot;Crock Pot Recipes;Cro 1) Primal Fat Burner: Live Longer, Slow Aging, Super-Power Your Brain, and Save Your Life with a High-Fat, Low-Carb Paleo Diet Speed Reading: Triple Your Reading Speed in Less than 24 Hours: The Comprehensive Guide to Speed Reading and Skyrocketing Your Productivity Change Your Perception. Change Yourself!: The Perception of Who You Are is Responsible for the Situation You're in Today! Speed of Thought = Speed of Play: 25 Training Sessions That Increase Speed of Play In Soccer Speed Reading: The Comprehensive Guide To Speed Reading â “ Increase Your Reading Speed By 300% In Less Than 24 Hours My Grain & Brain Gluten-free Slow Cooker Cookbook: 101 Gluten-free Slow Cooker Recipes to Boost Brain Power & Lose Belly Fat - A Grain-free, Low Sugar, Low Carb and Wheat-Free Slow Cooker Cookbook Anti Aging Essentials, Secrets and Tips: Your Midlife Encyclopedia, Improve Diet, Exercise, Skin (Look and Feel Younger, (Anti Aging Secrets, Anti Aging Diet) Crock Pot: 1001 Best Crock Pot Recipes of All Time (Crockpot, Crockpot Recipes, Crock Pot Cookbook, Crock Pot Recipes, Crock Pot, Slow Cooker, Slow Cooker Recipes, Slow Cooker Cookbook, Cookbooks)

Contact Us

DMCA

Privacy

FAQ & Help