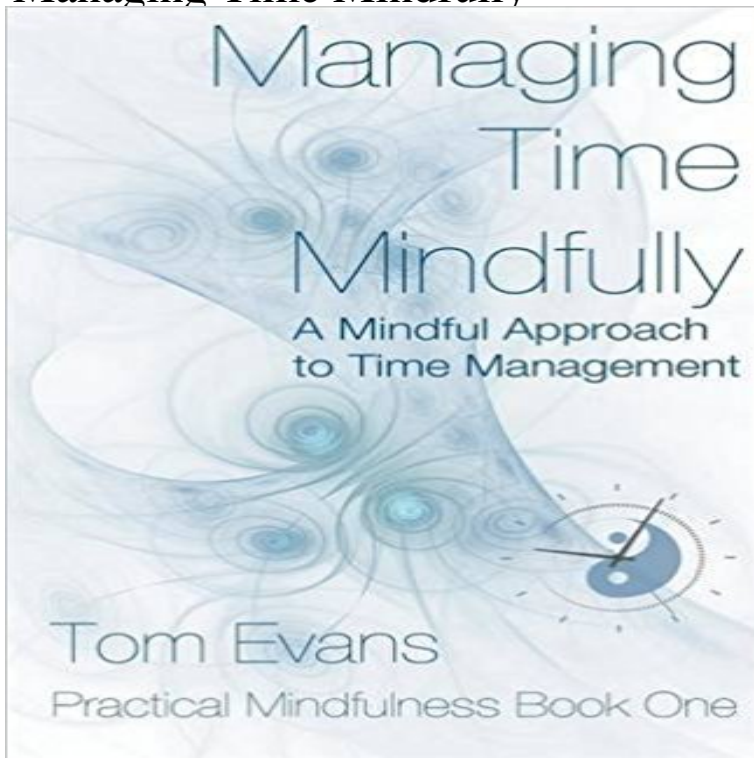


Managing Time Mindfully



This book explores the use of mindfulness meditation as a practical tool for improved time management. Time-as-we-know-it is man-made. While it allows us to run our sophisticated society, we have become enslaved by it. From breakfast time through lunch time and back to bed time, our lives are run to the clock. When we take control of our Personal Time Machine, our mind, we can take the passage of time under our control. Slowing down is the new speeding up. The practice of daily mindfulness meditation slows down the perceived passage of time so we get more done with less of it. At the same time, we become less prone to interruptions and calmer and more focused. Our productivity and creativity soars while, at the same time, we become more vibrant and healthy. The world around us seems to alter too. Serendipity begins to visit our door, just in time. Life becomes a breeze when we stop pushing water uphill and go with the temporal flow. It is about time there was a book about time like this one. A temporal tour de force.

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