



The Book of Times: From Seconds to Centuries, a Compendium of Measures

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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The Book of Times: From Seconds to Centuries, a Compendium of Measures can be one of your starter books that are good idea. We all recommend that straight away because this publication has good vocabulary which could increase your knowledge in terminology, easy to understand, bit entertaining but delivering the information. The author giving his/her effort to get every word into joy arrangement in writing The Book of Times: From Seconds to Centuries, a Compendium of Measures yet doesn't forget the main level, giving the reader the hottest in addition to based confirm resource information that maybe you can be certainly one of it. This great information can certainly drawn you into new stage of crucial thinking.

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