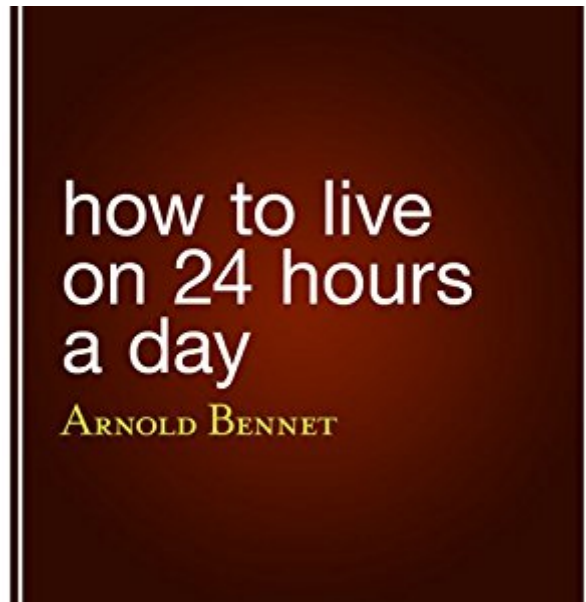


The book was found

How To Live On 24 Hours A Day



Synopsis

This classic personal time-management book, originally published in 1908, has inspired generations of men and women to live deliberate lives. Not just another collection of timesaving tips, this book is more of a challenge to leave behind mundane everyday concerns, focus on pursuing one's true desires, and live the fullest possible life. Reflection, concentration, and study techniques make it easier to accomplish more truly rewarding undertakings than anyone ever dreamed possible.

Book Information

Audible Audio Edition

Listening Length: 1 hour and 30 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Audible Studios

Audible.com Release Date: January 23, 2012

Whispersync for Voice: Ready

Language: English

ASIN: B0070Z8MC6

Best Sellers Rank: #27 in Books > Literature & Fiction > History & Criticism > Genres & Styles > Drama #57 in Books > Audible Audiobooks > Fiction & Literature > Literary Criticism

Customer Reviews

Many books have been written over the years attempting to tell people how to improve their lives. They usually involve living on a certain amount of money per week or month. This book was first published in 1908, and was a major bestseller. It could be considered the first self-help book, and it takes a different approach, looking at time instead of money. Time is a very funny thing; everyone gets the same amount per day. Rich people do not get more than poor people. It's not possible to go the store and buy time. Out of that 24 hours per day, everyone must carve out a life (marriage, family, work, hobbies, religion, etc). This book was written in a time and place (England of the early 1900s) where everyone took the train to work. One of the author's suggestions is to use that time concentrating on one thing; it doesn't matter what it is. If your mind starts wandering, hook a leash to it and bring it back. I'm not sure how well this would work today, when everyone drives to work. You say you can't concentrate for very long? Having to give a big presentation at work, or final exams in school, does a wonderful job of focusing the mind. Then comes the evening, after the reader has gotten home from work. If this book had been written today, the author might say that

occasionally vegging out in front of the TV is not a bad thing, but don't be like the average American, who does it for several hours a day, every day. Take, say, two hours a night, three nights a week, for a total of six hours. Use that time to learn a subject about which the reader is passionate, a hobby or interest. The subject can be literally anything, from A to Z. If a big subject like history is chosen, it's allowable to narrow it down to, for instance, the French Revolution or the Vietnam War.

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