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Our attitudes about time - how we feel about our past, think about the present and view the future - shape our life satisfaction and success.

Based on the format of Balthasar Gracian's "Art of Worldly Wisdom" and the conceptismo - a key summary insight - Now It's About Time provides over 300 questions and thought provoking ideas and research: everything from absent mindedness, anger, anticipation and attention, decision making, déjà vu and dreams, fantasy, fear, forgetfulness and Freud, memory and mindfulness, planning, priorities and procrastination, regret, reminiscence and revenge, scrapbooks, sex and stress, to zen thinking.

The book helps rethink how we think about "the time of our lives".



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