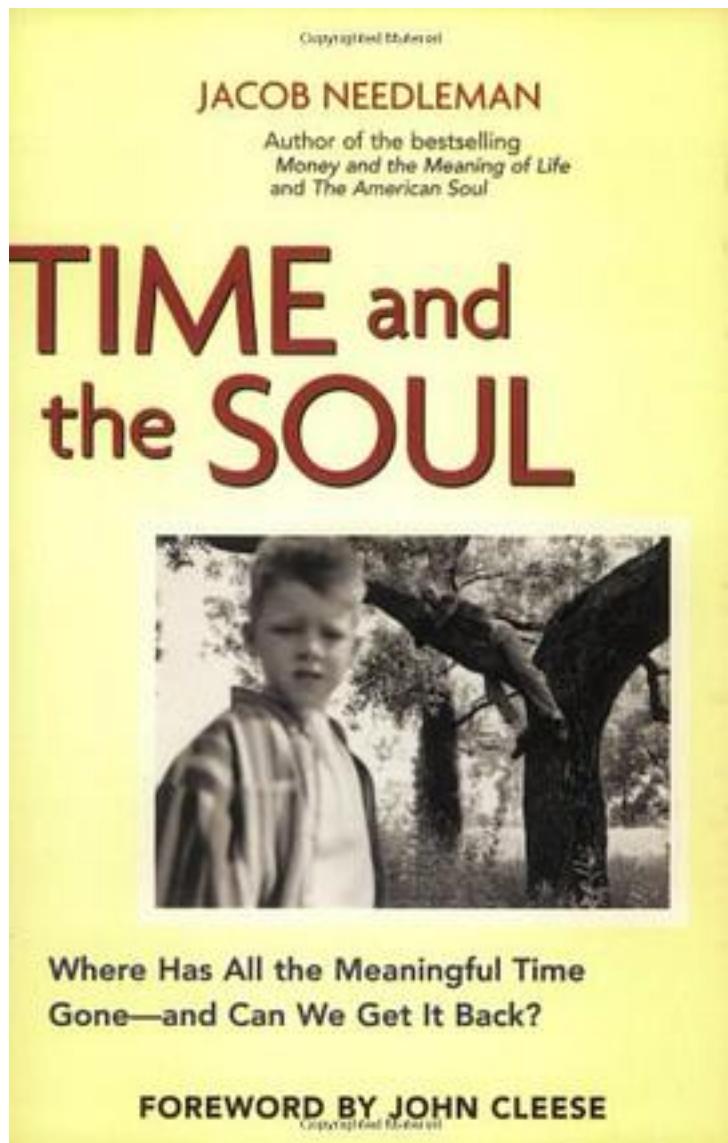


# Time and the Soul



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Jacob Needleman, shows how to take a bold and unconventional approach to time. The aim is to get more out of it by breaking free of our illusions about it. Needleman dispenses with tricks and techniques that only serve to make our obsessiveness more "efficient." Instead he shows how we can understand what our days are for.

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