

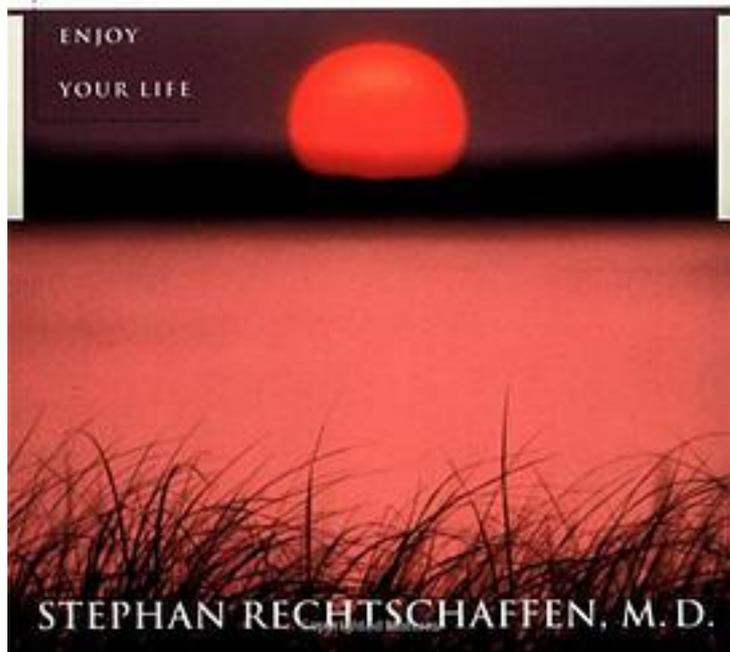
Timeshifting

FOREWORD BY THOMAS MORTON, M.D. AUTHOR OF CARE OF THE SOUL
AND THE RE-ENCHANTMENT OF EVERYDAY LIFE

Timeshifting

CREATING
MORE
TIME TO

ENJOY
YOUR LIFE



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著者:Rechtschaffen, Stephan

出版者:

出版时间:1997-11

装帧:

isbn:9780385483902

Do you ever feel so rushed that you can't stop to think? That you don't have enough time to do your job well--or even to read this paragraph carefully? That's because you spend your time either speeding forward or thinking about the past few minutes, without really concentrating on living in the present moment. We all have the capacity to look at time--and, by doing so, to step into a new awareness of it and experience its next dimension, time freedom. But we cannot just look with our eyes and understand with our mind, we must experience it with all the facets of our being; with all our senses, with our perceptions, our feelings, and our heart. Timeshifting is the method for doing this, and how you can learn timeshifting is what this breakthrough book is about. In Timeshifting, Stephan Rechtschaffen teaches us that time is subjective, not objective, and that we can take back control of our lives by changing the way we think about time. We can relearn how to live our lives to their fullest potential; to have the time to enjoy ourselves, our families, and our jobs. Timeshifting is not about time management; it won't teach you how to do more in a shorter period of time. It will, however, give you back all the time you need to accomplish what you want, and you'll find that you are more relaxed, less stressed-out, and better able to enjoy the best things in life.

作者介绍:

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标签

畅销书

Timeshifting

评论

讲了现代人的焦虑以及克服方法：慢下来，存在于当下。有道理，但我越读越焦虑。

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书评

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