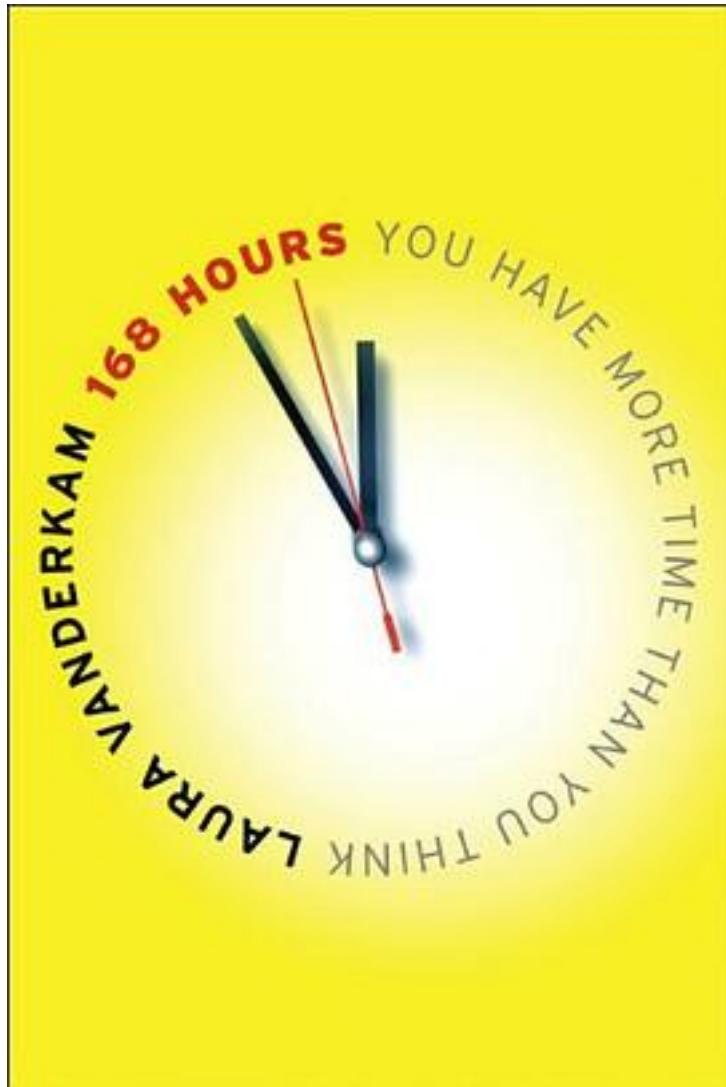


# 168 Hours



[168 Hours\\_下载链接1](#)

著者:Laura VanderKam

出版者:Portfolio

出版时间:2010-6-7

装帧:Hardcover

isbn:9781591843313

There are 168 hours in a week. This book is about where the time really goes, and how we can all use it better.

It's an unquestioned truth of modern life: we are starved for time. With the rise of two-income families, extreme jobs, and 24/7 connectivity, life is so frenzied we can barely find time to breathe. We tell ourselves we'd like to read more, get to the gym regularly, try new hobbies, and accomplish all kinds of goals. But then we give up because there just aren't enough hours to do it all. Or else, if we don't make excuses, we make sacrifices. To get ahead at work we spend less time with our spouses. To carve out more family time, we put off getting in shape. To train for a marathon, we cut back on sleep. There has to be a better way—and Laura Vanderkam has found one.

After interviewing dozens of successful, happy people, she realized that they allocate their time differently than most of us. Instead of letting the daily grind crowd out the important stuff, they start by making sure there's time for the important stuff. They focus on what they do best and what only they can do. When plans go wrong and they run out of time, only their lesser priorities suffer.

It's not always easy, but the payoff is enormous. Vanderkam shows that it really is possible to sleep eight hours a night, exercise five days a week, take piano lessons, and write a novel without giving up quality time for work, family, and other things that really matter. The key is to start with a blank slate and to fill up your 168 hours only with things that deserve your time.

Of course, you probably won't read to your children at 2:00 am, or skip a Wednesday morning meeting to go hiking, but you can cut back on how much you watch TV, do laundry, or spend time on other less fulfilling activities. Vanderkam shares creative ways to rearrange your schedule to make room for the things that matter most.

168 Hours is a fun, inspiring, practical guide that will help men and women of any age, lifestyle, or career get the most out of their time and their lives.

作者介绍:

目录:

[168 Hours\\_下载链接1](#)

标签

自我管理

时间管理

英文原版

英文

ebook

Vanderkam

Laura

经管文

## 评论

推荐，很短的小书，直接翻到最后看总结章节就可以。做时间记录，100个梦想，core competency, 先安排最重要的事情，安排down time, 可做可不做的事情统统不做。每周检查。完毕。

---

Not completely useless, but reading about time management is a waste of time.

---

最充分的解释书名已经说得很清楚了——You Have More Time Than You Think!  
当你觉得为时已晚，其实还早

---

我绝对不是大男子主义，但是不管是对女性导演的作品，还是女性作家的作品，都看不下去。她的问题是，太啰嗦了，我明白需要例子，需要故事，但是能写到这么啰嗦的，还真是少见。

---

可以配合时间块 app 进行统计

might be useful to others but this is simply what lawyers do EVERYDAY.

---

Overwhelmingly too many details...

---

很简单的理论，很薄的小册子，还注了不少水（栗子们几乎都不用看），但用起来收获意外的大。并不仅限于书中说到的，发现了很多不知道怎么就花在了不知在哪儿的时间；我在使用中最大的收获是在记录时间块时发现了自己的rhythm，发现了哪些是自己的高效时间段，它们的持续时间和边际成本如何，怎么样利用它们最大限度的续航，怎样能在缩短娱乐时间的同时减量不减质等等等

---

不记得是谁推荐的，不能再浪费时间的一本书，我耐着性看了9%实在忍不住去看了amazon的评论，结论是：完全没有必要看的一本书。作者第一章翻来复去地讲大家对时间使用的错觉，啰嗦！

---

[168 Hours 下载链接1](#)

## 书评

You Have More Time Than You Think 这是关键，也是最激励的地方 1记录每周168 hours 由此可以明白你一周时间的走向 (American Time Use Survey ATUS, 这个网站不错，可以看看，见字面意思) 2分析自己的 Core competency Do one thing, and do it the best you can...

---

[168 Hours 下载链接1](#)