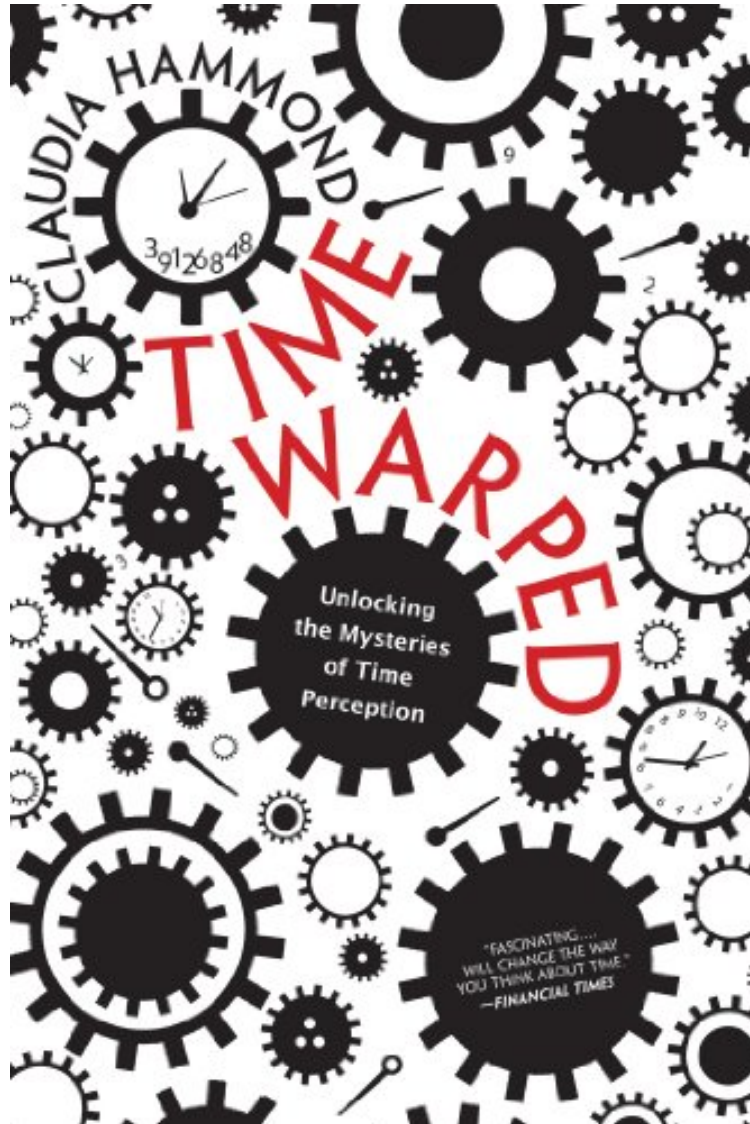


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Time Warped: Unlocking the Mysteries of Time Perception

Claudia Hammond

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Claudia Hammond : Time Warped: Unlocking the Mysteries of Time Perception before purchasing it in order to gauge whether or not it would be worth my time, and all praised Time Warped: Unlocking the Mysteries of Time Perception:

1 of 1 people found the following review helpful. Our Perception of TimeBy Eric MayforthClaudia Hammond notes that the word 'time' is used more frequently than any other noun in the English language. The concept of time is central to how we live in Western culture today, and "Time Warped" is a look at how we perceive time and at the impact it has on our lives.Hammond looks at the role of the brain in time perception, noting effects such as the perceived slowing of time during episodes of fear or illness. She notes the differences in how people organize time in their mind--

some people view the months of the year in circular fashion as with a clock, while others view them in the form of a line; some see themselves as moving through time, while others see time as moving toward them. It is frequently observed that time seems to speed up as one gets older--the author examines this phenomenon and why most people can recall their lives from ages 15 to 25 more vividly than they can any other period. Time perception can also be skewed by vacations and periods of sickness, and the author also covers the topic of why we often underestimate the amount of time that has passed since events from the past. It is a mark of human nature to be too optimistic with respect to our futures, and Hammond brings up the example of our underestimating the amount of time we will need to finish projects. The author notes how much wonderful or catastrophic events have on our long-term happiness and opines on whether we recall positive or negative events from the past more vividly. Hammond even takes up the topic of whether animals can remember things, and closes this fascinating volume by offering suggestions to problems that the issue of time poses in people's lives.

0 of 0 people found the following review helpful. Five Stars
By Ray
Very good for exploring issues on time and space.
0 of 0 people found the following review helpful. Great Book
By Honest Opinion
Loved this book! It is very well written.

Drawing on the latest research from the fields of psychology, neuroscience, and biology, writer and broadcaster Claudia Hammond explores the mysteries of our perception of time in her book *Time Warped*. Why does life seem to speed up as we get older? Why does the clock in your head move at a different speed from the one on the wall? Why is it almost impossible to go a whole day without checking your watch? Is it possible to retrain our brains and improve our relationship with it? In *Time Warped*, Claudia Hammond offers insight into how to manage our time more efficiently, how to speed time up and slow it down at will, how to plan for the future with more accuracy, and she teaches how to use the warping of time to our own benefit.

In *Time Warped*, Claudia Hammond has a steady touch in conveying the research, adding user-friendly charm even to exhaustive descriptions of the mechanics of boredom. A chapter on visualization is particularly intriguing. (Jascha Hoffman, *New York Times*) A well-researched meditation on how we see the future. There's one great question of time, one which of course this book cannot answer, but on which it gives a great deal of much-needed perspective: "How much do I have left?" (Slate) ... a fascinating foray into the idea that our experience of time is actively created by our own minds and how these sensations of what neuroscientists and psychologists call "mind timer" are created. (Maria Popova, *BrainPickings*) This lively introduction to the psychology of time perception is an intriguing take on the fluidity of reality. (Publishers Weekly) This is an ideal read for those looking for science-based theories of time perception without the scientific jargon. Despite the common belief that time moves at a constant pace, Hammond demonstrates how life's circumstances can make minutes seem an eternity and decades the blink of an eye. (Library Journal)

From the Back Cover
Why does life speed up as we get older? Why does the clock in your head sometimes move at a different speed from the one on the wall? Time rules our lives, but how much do we understand it? And is it possible to retrain our brains and improve our relationship with it? Drawing on the latest research from the fields of psychology, neuroscience, and biology, and using original research on the way memory shapes our understanding of time, the acclaimed writer and BBC broadcaster Claudia Hammond delves into the mysteries of time perception. Along the way, she introduces us to an extraordinary array of characters willing to go to great lengths in the interests of research, including the French speleologist Michel Siffre, who spends two months in an ice cave in complete darkness. *Time Warped* offers insight into how to manage our time more efficiently, speed time up and slow it down at will, plan for the future with more accuracy, and, ultimately, use the warping of time to our own advantage.

About the Author
Claudia Hammond is a writer, broadcaster, and psychology lecturer. She is the voice of psychology on BBC Radio 4 where she is the host of *All in the Mind* and *Mind Changers*. She is the author of one previous book, *Emotional Rollercoaster*, and is also a part-time member of faculty at Boston University in London. Hammond has won the British Psychological Society's Public Engagement Media Award, the Society for Personality Social Psychology's Media Award, and the Public Understanding of Neuroscience Award from the British Neuroscience Association.