



The Time Paradox: The New Psychology of Time That Will Change Your Life

By Philip Zimbardo and John Boyd

Book summary & main ideas

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Summary:

The Time Paradox: The New Psychology of Time That Will Change Your Life is a book by Philip Zimbardo and John Boyd that explores the concept of time and how it affects our lives. The authors argue that our perception of time is shaped by our culture, our upbringing, and our individual experiences. They suggest that our attitudes towards time can be changed, and that this can lead to improved well-being and success. The book is divided into three parts. The first part examines the concept of time and how it affects our lives. It looks at how our attitudes towards time can be changed, and how this can lead to improved well-being and success. The second part

looks at how our attitudes towards time can be changed, and how this can lead to improved well-being and success. The third part looks at how our attitudes towards time can be changed, and how this can lead to improved well-being and success. The authors provide practical advice on how to make the most of our time, and how to use it to achieve our goals. They also discuss how to manage stress and how to make the most of our time. The book is an interesting and informative read, and provides valuable insight into the psychology of time and how it affects our lives.

Main ideas:

#1. Time Perspective: Summarizing the concept of time perspective, the authors explain that it is the way in which individuals view and interact with time, which can have a profound effect on their lives.

Time Perspective is a concept that explains how individuals view and interact with time. It suggests that our perception of time can have a significant impact on our lives. Time Perspective is based on the idea that our attitudes and behaviors towards time are shaped by our past experiences, our current environment, and our future goals. It suggests that our attitudes and behaviors towards time can be divided into five distinct categories: past-negative, past-positive, present-hedonistic, present-fatalistic, and future. Each of these categories has its own unique set of beliefs and behaviors that can influence our lives in different ways. For example, those with a past-negative time perspective may be more likely to dwell on the past and be pessimistic about the future, while those with a present-hedonistic time perspective may be more likely to focus on the present and enjoy life in the moment.

Time Perspective can also be used to explain why some people are more successful than others. Those with a future-oriented time perspective may be more likely to plan ahead and set goals, while those with a present-hedonistic time perspective may be more likely to take risks and enjoy the present. By understanding how our attitudes and behaviors towards time can affect our lives, we can use Time Perspective to help us make better decisions and achieve our goals.

#2. Time Perspective Zones: The authors introduce the concept of Time Perspective Zones, which are five distinct ways of viewing time: Past Positive, Past Negative, Present Hedonistic, Present Fatalistic, and Future.

Time Perspective Zones are a concept introduced by authors Philip Zimbardo and John Boyd in their book *The Time Paradox: The New Psychology of Time That Will Change Your Life*. These five distinct ways of viewing time are Past Positive, Past Negative, Present Hedonistic, Present Fatalistic, and Future. Each of these perspectives has its own unique characteristics and implications for how we view and interact with the world around us.

The Past Positive perspective is characterized by nostalgia and appreciation for the past. People with this perspective tend to be more optimistic and have a greater appreciation for the lessons of the past. The Past Negative perspective is characterized by regret and bitterness towards the past. People with this perspective tend to be more pessimistic and have a greater tendency to dwell on

the mistakes of the past.

The Present Hedonistic perspective is characterized by a focus on immediate gratification and pleasure. People with this perspective tend to be more impulsive and prioritize short-term rewards over long-term goals. The Present Fatalistic perspective is characterized by a sense of resignation and acceptance of the present. People with this perspective tend to be more fatalistic and have a greater tendency to accept their current circumstances.

Finally, the Future perspective is characterized by a focus on planning and preparation for the future. People with this perspective tend to be more proactive and have a greater tendency to plan for the future. Each of these perspectives has its own unique implications for how we view and interact with the world around us, and

understanding them can help us to better understand our own behavior and the behavior of those around us.

#3. Time Perspective Therapy: The authors discuss the concept of Time Perspective Therapy, which is a form of psychotherapy that helps individuals to identify and change their time perspective in order to improve their lives.

Time Perspective Therapy (TPT) is a form of psychotherapy that helps individuals to identify and change their time perspective in order to improve their lives. It is based on the idea that our perception of time influences our behavior, emotions, and decisions. TPT helps individuals to recognize and modify their time perspective in order to achieve greater balance and satisfaction in their lives. The goal of TPT is to help individuals to

become more aware of their time perspective and to make conscious choices about how they use their time.

TPT focuses on helping individuals to identify and modify their time perspective in order to achieve greater balance and satisfaction in their lives. It encourages individuals to become aware of their current time perspective and to make conscious choices about how they use their time. TPT also helps individuals to recognize and modify their time perspective in order to achieve greater balance and satisfaction in their lives. Through TPT, individuals can learn to recognize and modify their time perspective in order to achieve greater balance and satisfaction in their lives.

TPT is based on the idea that our perception of time influences our behavior, emotions, and decisions. It helps

individuals to recognize and modify their time perspective in order to achieve greater balance and satisfaction in their lives. TPT encourages individuals to become aware of their current time perspective and to make conscious choices about how they use their time. Through TPT, individuals can learn to recognize and modify their time perspective in order to achieve greater balance and satisfaction in their lives.

#4. Time Perspective and Health: The authors explain that time perspective can have a significant impact on physical and mental health, and that individuals with a balanced time perspective are more likely to be healthy.

Time perspective is a concept that refers to how individuals view and interact with time. It is a psychological construct that

can be divided into six distinct categories: past-negative, past-positive, present-hedonistic, present-fatalistic, future, and transcendental. Each of these categories has its own unique characteristics and implications for health.

Research has shown that individuals with a balanced time perspective, meaning they are able to draw on all six categories, are more likely to be healthy. This is because they are able to draw on the positive aspects of each time perspective, such as the ability to learn from the past, enjoy the present, and plan for the future. On the other hand, individuals with an unbalanced time perspective, meaning they are overly focused on one or two categories, are more likely to be unhealthy. This is because they are unable to draw on the positive aspects of the other time perspectives, and may be more likely to engage in unhealthy behaviors.

Overall, time perspective can have a significant impact on physical and mental health. Individuals with a balanced time perspective are more likely to be healthy, while those with an unbalanced time perspective are more likely to be unhealthy. Therefore, it is important to be aware of one's own time perspective and strive to maintain a balanced view of time.

#5. Time Perspective and Relationships: The authors explain that time perspective can also have an effect on relationships, and that individuals with a balanced time perspective are more likely to have successful relationships.

Time perspective can have a significant impact on relationships. People with a balanced time perspective are more likely to have successful relationships because

they are able to take into account the past, present, and future when making decisions. They are able to consider the long-term consequences of their actions and how they will affect their relationships. They are also able to appreciate the importance of the present moment and the need to enjoy the present with their partner. People with a balanced time perspective are also more likely to be able to forgive and move on from past mistakes, and to be able to plan for the future together.

On the other hand, people with an unbalanced time perspective may struggle to have successful relationships. People with a past-negative time perspective may be overly focused on the past and unable to move on from mistakes or forgive their partner. People with a present-hedonistic time perspective may be too focused on the present and unable to plan for the

future or make long-term commitments. People with a future-oriented time perspective may be too focused on the future and unable to appreciate the present moment or enjoy the relationship.

Overall, having a balanced time perspective is essential for having successful relationships. It is important to be able to take into account the past, present, and future when making decisions, and to be able to appreciate the importance of each. People with a balanced time perspective are more likely to be able to forgive and move on from past mistakes, to enjoy the present moment, and to plan for the future together.

#6. Time Perspective and Success: The authors explain that time perspective can also have an effect on success, and that individuals with a

balanced time perspective are more likely to be successful.

The authors explain that time perspective can have a significant impact on success. People with a balanced time perspective, meaning they are able to look at the past, present, and future in equal measure, are more likely to be successful. This is because they are able to draw on the lessons of the past, take advantage of the opportunities of the present, and plan for the future. They are also able to recognize the importance of taking risks and making sacrifices in order to achieve their goals. People with an unbalanced time perspective, on the other hand, may be too focused on the past or the future, and may not be able to recognize the importance of taking risks and making sacrifices in order to achieve their goals.

The authors also explain that having a

balanced time perspective can help individuals to be more successful in their careers. People with a balanced time perspective are able to recognize the importance of planning for the future, while also being able to take advantage of the opportunities of the present. They are also able to recognize the importance of taking risks and making sacrifices in order to achieve their goals. People with an unbalanced time perspective, on the other hand, may be too focused on the past or the future, and may not be able to recognize the importance of taking risks and making sacrifices in order to achieve their goals.

Overall, the authors explain that having a balanced time perspective can be beneficial for success. People with a balanced time perspective are able to draw on the lessons of the past, take advantage of the opportunities of the

present, and plan for the future. They are also able to recognize the importance of taking risks and making sacrifices in order to achieve their goals. People with an unbalanced time perspective, on the other hand, may be too focused on the past or the future, and may not be able to recognize the importance of taking risks and making sacrifices in order to achieve their goals.

#7. Time Perspective and Happiness: The authors explain that time perspective can also have an effect on happiness, and that individuals with a balanced time perspective are more likely to be happy.

Time perspective is an important factor in determining ones overall happiness. People who have a balanced time perspective, meaning they are able to look at the past, present, and future in equal

measure, are more likely to be happy. This is because they are able to appreciate the good things that have happened in the past, enjoy the present moment, and look forward to the future with optimism. People who are too focused on the past may become stuck in regret and sadness, while those who are too focused on the future may become anxious and overwhelmed. A balanced time perspective allows individuals to find a healthy balance between the past, present, and future, and to be more content with their lives.

Time perspective can also affect how individuals approach their goals and ambitions. People with a balanced time perspective are more likely to set realistic goals and take the necessary steps to achieve them. They are also more likely to be patient and persistent in their efforts, as they understand that success takes time and effort. On the other hand, people with

an unbalanced time perspective may become easily discouraged and give up on their goals too quickly. They may also become too focused on the future and neglect to enjoy the present moment.

Overall, having a balanced time perspective is essential for achieving happiness. It allows individuals to appreciate the past, enjoy the present, and look forward to the future with optimism. It also helps them to set realistic goals and stay motivated in their efforts to achieve them. By having a balanced time perspective, individuals can find a healthy balance between the past, present, and future, and be more content with their lives.

#8. Time Perspective and Stress: The authors explain that time perspective can also have an effect on stress, and that individuals with a

balanced time perspective are more likely to be less stressed.

The authors explain that time perspective can also have an effect on stress. People who focus on the past, present, and future in equal measure are more likely to be less stressed than those who focus on one time period more than the others. People who focus on the past may be more likely to ruminate on past mistakes and failures, leading to increased stress. People who focus on the present may be more likely to become overwhelmed by the demands of the present moment, leading to increased stress. People who focus on the future may be more likely to worry about potential problems and catastrophes, leading to increased stress. On the other hand, people with a balanced time perspective are more likely to be less stressed because they are able to take a more holistic view of their lives, allowing them to

better manage their stress levels.

The authors also explain that individuals with a balanced time perspective are more likely to be less stressed because they are able to take a more holistic view of their lives. This means that they are able to look at the past, present, and future in equal measure, allowing them to better manage their stress levels. They are also able to take a more proactive approach to their lives, allowing them to better anticipate and prepare for potential problems and catastrophes. This helps them to better manage their stress levels and to be more resilient in the face of adversity.

#9. Time Perspective and Decision Making: The authors explain that time perspective can also have an effect on decision making, and that individuals with a balanced time perspective are more likely to make better decisions.

Time perspective is an important factor in decision making. People with a balanced time perspective are more likely to make better decisions because they are able to consider the long-term consequences of their choices. They are able to weigh the pros and cons of different options and make decisions that will benefit them in the long run. People with an unbalanced time perspective, on the other hand, may be more likely to make decisions that are based on short-term gratification or immediate rewards. They may not consider the long-term implications of their choices, which can lead to poor decisions and regret in the future.

Time perspective can also influence how people approach problem solving. People with a balanced time perspective are more likely to take a holistic approach to problem solving, considering the long-term implications of their decisions. They are

also more likely to consider multiple solutions and weigh the pros and cons of each option before making a decision. People with an unbalanced time perspective, however, may be more likely to take a short-term approach to problem solving, focusing on immediate solutions and disregarding the long-term consequences.

Time perspective is an important factor in decision making and problem solving. People with a balanced time perspective are more likely to make better decisions and approach problem solving in a more holistic way. They are able to consider the long-term implications of their choices and weigh the pros and cons of different options before making a decision. People with an unbalanced time perspective, however, may be more likely to make decisions based on short-term gratification or immediate rewards, and may not

consider the long-term consequences of their choices.

#10. Time Perspective and Creativity: The authors explain that time perspective can also have an effect on creativity, and that individuals with a balanced time perspective are more likely to be more creative.

Time perspective is an important factor in creativity. Individuals with a balanced time perspective are more likely to be creative, as they are able to draw on the past, present, and future to come up with creative solutions. Those with a past-oriented time perspective may be more likely to draw on their past experiences and knowledge to come up with creative solutions, while those with a present-oriented time perspective may be more likely to focus on the present moment and come up with creative

solutions based on what is happening right now. Finally, those with a future-oriented time perspective may be more likely to think about the future and come up with creative solutions that will help them achieve their goals. All of these time perspectives can be used to come up with creative solutions, and having a balanced time perspective can help individuals to draw on all of these perspectives to come up with the most creative solutions.

In addition, having a balanced time perspective can help individuals to be more open to new ideas and experiences. Those with a balanced time perspective are more likely to be open to new experiences and ideas, as they are able to draw on the past, present, and future to come up with creative solutions. This openness to new experiences and ideas can help individuals to come up with more creative solutions, as they are able to draw

on a wider range of experiences and knowledge. Finally, having a balanced time perspective can help individuals to be more flexible and adaptable, which can also help them to come up with creative solutions.

#11. Time Perspective and Learning: The authors explain that time perspective can also have an effect on learning, and that individuals with a balanced time perspective are more likely to learn more effectively.

Time perspective can have a significant impact on learning. Individuals with a balanced time perspective are more likely to be able to learn more effectively. This is because they are able to take a more holistic view of the material they are learning, rather than focusing on one aspect of it. They are also more likely to be able to think more critically and analytically

about the material, as they are able to consider the long-term implications of their decisions. Additionally, individuals with a balanced time perspective are more likely to be able to stay focused on the task at hand, as they are able to keep their attention on the present moment and the immediate task. This allows them to be more productive and efficient in their learning. Finally, individuals with a balanced time perspective are more likely to be able to stay motivated and engaged in their learning, as they are able to keep their goals in mind and stay focused on the end result.

Overall, having a balanced time perspective can be beneficial for learning. It allows individuals to take a more holistic view of the material they are learning, think more critically and analytically, stay focused on the task at hand, and stay motivated and engaged in their learning.

This can lead to more effective and efficient learning, and can help individuals to reach their goals more quickly.

#12. *Time Perspective and Productivity: The authors explain that time perspective can also have an effect on productivity, and that individuals with a balanced time perspective are more likely to be more productive.*

Time perspective is an important factor in productivity. People with a balanced time perspective are more likely to be productive because they are able to focus on the present, plan for the future, and reflect on the past. They are able to use their past experiences to inform their present decisions and plan for the future. They are also able to recognize the importance of taking breaks and enjoying the present moment. This helps them to

stay focused and motivated, and to be more productive.

People with an unbalanced time perspective, on the other hand, may be less productive. They may be too focused on the past, and unable to move forward. They may be too focused on the future, and unable to enjoy the present. They may be too focused on the present, and unable to plan for the future. All of these can lead to a lack of motivation and productivity.

Time perspective is an important factor in productivity, and it is important to strive for a balanced time perspective. This will help to ensure that you are able to stay focused and motivated, and to be more productive.

#13. *Time Perspective and Self-Control: The authors explain that time perspective can also have an effect on self-control, and that*

individuals with a balanced time perspective are more likely to have better self-control.

Time perspective is the way in which we view and interact with time. It is the lens through which we view our past, present, and future. People with a balanced time perspective are able to take into account the past, present, and future when making decisions. They are able to weigh the pros and cons of each decision and make the best choice for their current and future selves. This type of time perspective is associated with better self-control, as it allows individuals to make decisions that are in their best interest in the long run.

Self-control is the ability to resist temptation and make decisions that are in line with our long-term goals. People with good self-control are able to resist short-term temptations and make

decisions that are in their best interest in the long run. People with a balanced time perspective are more likely to have better self-control, as they are able to take into account the past, present, and future when making decisions. They are able to weigh the pros and cons of each decision and make the best choice for their current and future selves.

Time perspective and self-control are closely linked, and individuals with a balanced time perspective are more likely to have better self-control. People with a balanced time perspective are able to take into account the past, present, and future when making decisions, and are able to weigh the pros and cons of each decision and make the best choice for their current and future selves. This type of time perspective is associated with better self-control, as it allows individuals to make decisions that are in their best

interest in the long run.

#14. *Time Perspective and Risk Taking: The authors explain that time perspective can also have an effect on risk taking, and that individuals with a balanced time perspective are more likely to take fewer risks.*

Time perspective is an important factor in understanding how individuals approach risk taking. People with a balanced time perspective are more likely to take fewer risks, as they are able to consider the long-term consequences of their actions. They are more likely to weigh the potential rewards of a risky action against the potential costs, and make a decision based on a more complete understanding of the situation. On the other hand, people with an unbalanced time perspective may be more likely to take risks without considering the potential consequences.

They may be more likely to focus on the immediate rewards of a risky action, without considering the potential costs.

In addition, people with a balanced time perspective are more likely to be aware of the potential risks associated with a given action, and to take steps to mitigate those risks. They may be more likely to take a more cautious approach to risk taking, and to consider the potential consequences of their actions before making a decision. On the other hand, people with an unbalanced time perspective may be more likely to take risks without considering the potential consequences, and may be more likely to take risks without taking steps to mitigate the potential risks.

Overall, time perspective can have a significant effect on risk taking. People with a balanced time perspective are more likely to take fewer risks, and to consider

the potential consequences of their actions before making a decision. On the other hand, people with an unbalanced time perspective may be more likely to take risks without considering the potential consequences, and may be more likely to take risks without taking steps to mitigate the potential risks.

#15. *Time Perspective and Goal Setting: The authors explain that time perspective can also have an effect on goal setting, and that individuals with a balanced time perspective are more likely to set better goals.*

Time perspective is an important factor in goal setting. People with a balanced time perspective are more likely to set better goals because they are able to consider the long-term consequences of their actions. They are able to think about the future and plan accordingly. They are also

able to think about the present and how their actions will affect their current situation. People with an unbalanced time perspective, on the other hand, may be more likely to set goals that are short-term and not necessarily beneficial in the long run.

A balanced time perspective is important for goal setting because it allows individuals to consider the long-term consequences of their actions. It also allows them to think about the present and how their actions will affect their current situation. People with an unbalanced time perspective may be more likely to set goals that are short-term and not necessarily beneficial in the long run. This can lead to a lack of motivation and a lack of progress towards achieving their goals.

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to consider the long-term consequences of their actions. People with a balanced time perspective are more likely to set better goals because they are able to think about the future and plan accordingly. They are also able to think about the present and how their actions will affect their current situation. People with an unbalanced time perspective may be more likely to set goals that are short-term and not necessarily beneficial in the long run. This can lead to a lack of motivation and a lack of progress towards achieving their goals.

#16. *Time Perspective and Time Management: The authors explain that time perspective can also have an effect on time management, and that individuals with a balanced time perspective are more likely to manage their time better.*

Time perspective is the way in which

individuals view and interact with time. It is the lens through which we view our past, present, and future. Individuals with a balanced time perspective are able to view time in a more holistic way, taking into account the past, present, and future. This balanced view of time can help individuals better manage their time, as they are able to take into account the long-term consequences of their actions. For example, an individual with a balanced time perspective may be more likely to plan ahead and set aside time for important tasks, rather than procrastinating and leaving tasks to the last minute. Additionally, individuals with a balanced time perspective are more likely to prioritize tasks and focus on the most important ones first, rather than wasting time on unimportant tasks. By taking into account the long-term consequences of their actions, individuals with a balanced time perspective are better able to manage

their time and make the most of it.

#17. *Time Perspective and Money Management: The authors explain that time perspective can also have an effect on money management, and that individuals with a balanced time perspective are more likely to manage their money better.*

Time perspective and money management are closely linked. People with a balanced time perspective are more likely to manage their money better. They are more likely to plan for the future, save money, and invest wisely. They are also more likely to be aware of their spending habits and make conscious decisions about how to use their money. People with an unbalanced time perspective, on the other hand, may be more likely to make impulsive purchases or take on too much debt.

Having a balanced time perspective can help people to make better decisions about their money. They are more likely to think about the long-term consequences of their decisions and plan for the future. They are also more likely to be aware of their spending habits and make conscious decisions about how to use their money. People with an unbalanced time perspective may be more likely to make impulsive purchases or take on too much debt.

Time perspective and money management are closely linked. People with a balanced time perspective are more likely to make better decisions about their money. They are more likely to plan for the future, save money, and invest wisely. They are also more likely to be aware of their spending habits and make conscious decisions about how to use their money. People with

an unbalanced time perspective may be more likely to make impulsive purchases or take on too much debt. By understanding the connection between time perspective and money management, individuals can make better decisions about their finances and plan for a more secure future.

#18. Time Perspective and Career Choices: The authors explain that time perspective can also have an effect on career choices, and that individuals with a balanced time perspective are more likely to make better career choices.

Time perspective can have a significant impact on career choices. Individuals with a balanced time perspective are more likely to make better career decisions. They are able to consider the long-term implications of their choices, and are more

likely to make decisions that will benefit them in the future. They are also more likely to be aware of the potential risks associated with certain career paths, and are better able to weigh the pros and cons of different options. Individuals with a balanced time perspective are also more likely to be open to new opportunities and to take risks in order to achieve their goals.

On the other hand, individuals with an unbalanced time perspective may be more likely to make decisions based on short-term gains. They may be more likely to take risks that could have long-term consequences, or to make decisions that are not in their best interests. They may also be more likely to become stuck in a career path that does not offer them the potential for growth or advancement.

It is important to consider time perspective

when making career decisions. Taking the time to consider the long-term implications of a decision can help individuals make better choices that will benefit them in the future. It is also important to be open to new opportunities and to take risks in order to achieve one's goals. By taking the time to consider the long-term implications of a decision, individuals can make better career choices that will benefit them in the long run.

#19. *Time Perspective and Life Satisfaction: The authors explain that time perspective can also have an effect on life satisfaction, and that individuals with a balanced time perspective are more likely to be more satisfied with their lives.*

Time perspective is an important factor in determining life satisfaction. People who have a balanced time perspective,

meaning they are able to look at the past, present, and future in a balanced way, are more likely to be satisfied with their lives. Those who focus too much on the past, present, or future may be more likely to be dissatisfied with their lives. People with a balanced time perspective are able to appreciate the past, enjoy the present, and plan for the future. They are able to take the good and bad from each time period and use it to their advantage. They are also able to recognize that life is a journey and that each moment is important. This helps them to be more satisfied with their lives overall.

Having a balanced time perspective can also help people to be more productive and successful. People who are able to look at the past, present, and future in a balanced way are better able to plan for the future and make decisions that will benefit them in the long run. They are also

better able to recognize opportunities and take advantage of them. This can lead to greater success and satisfaction in life.

Overall, having a balanced time perspective can have a positive effect on life satisfaction. People who are able to look at the past, present, and future in a balanced way are more likely to be satisfied with their lives. They are also more likely to be successful and productive. Therefore, it is important to strive for a balanced time perspective in order to achieve greater life satisfaction.

#20. *Time Perspective and Life Balance: The authors explain that time perspective can also have an effect on life balance, and that individuals with a balanced time perspective are more likely to have a better balance between work and leisure.*

Time perspective is a concept that refers to how individuals view and use their time. It is based on the idea that individuals have different ways of perceiving and managing their time, and that these perspectives can have a significant impact on their lives. Individuals with a balanced time perspective are more likely to have a better balance between work and leisure, and to be more successful in achieving their goals. They are also more likely to be happier and more satisfied with their lives. Individuals with an unbalanced time perspective, on the other hand, are more likely to be overwhelmed by their work and to neglect their leisure activities. They are also more likely to be less successful in achieving their goals and to be less satisfied with their lives.

Time perspective can also have an effect on life balance. Individuals with a balanced time perspective are more likely to have a

better balance between work and leisure. They are more likely to be able to prioritize their tasks and to make time for leisure activities. They are also more likely to be able to manage their stress levels and to be more productive in their work. On the other hand, individuals with an unbalanced time perspective are more likely to be overwhelmed by their work and to neglect their leisure activities. They are also more likely to be less productive in their work and to be more prone to stress.

Having a balanced time perspective is essential for achieving a healthy life balance. It is important to be aware of how you view and use your time, and to make sure that you are taking the time to enjoy leisure activities and to relax. It is also important to be aware of how your time perspective affects your life balance, and to make sure that you are taking the necessary steps to maintain a healthy

balance between work and leisure.

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