



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

Philip Zimbardo, John Boyd Ph.D.

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Now in paperback, this breakthrough book on the new psychological science of time by one of the most influential living psychologists—the *New York Times* bestselling author of *The Lucifer Effect*—and his research partner launched on the front page of *USA TODAY* "Lifestyle" with a Time Survey and on *CBS Morning Show*.

This is the first paradox of time: Your attitudes toward time have a profound impact on your life and world, yet you seldom recognize it. Our goal is to help you reclaim yesterday, enjoy today, and master tomorrow with new ways of seeing and working with your past, present, and future.

Just as Howard Gardner's *Multiple Intelligences* permanently altered our understanding of intelligence and Malcolm Gladwell's *Blink* gave us an appreciation for the adaptive unconscious, Philip Zimbardo and John Boyd's new book changes the way we think about and experience time. It will give you new insights into how family conflicts can be resolved by ways to enhance your sexuality and sensuality, and mindsets for becoming more successful in business and happier in your life. Based on the latest psychological research, *The Time Paradox* is both a "big think" guide for living in the twenty-first century and one of those rare self-help books that really does have the power to improve lives.

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