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fascinating look at time, and our perception of time. Zogby examines time through many different filters, namely physics, biology, psychology and personal experience.

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The Power of Time Perception: Control the Speed of Time

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Aging, Live a Long Life, and Make Every Second Count

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Jean Paul Zogby's " The Power of Time Perception " is the mother-load when it comes to up-to-date evidence-based information on how we experience time and what can be done in order to enhance the satisfaction of having lived each moment to the fullest. "The Power of Time Perception" is physics, psychology, neuroscience, and responsible self-help material, all rolled into one!

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The power to choose a response There are practical ways to start on the path to growth and innovation. You must at the outset be certain that you want change, Mueller says.

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