

# Time Hacks

**The psychology of Time and how to spend it**

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**Dr Taylor is a world leading expert in the science of the human mind. In this book he delves on current research on our relationship with time.**

**Time is always around but rarely noticed in any meaningful way. We know little about time's underlying motives or character, but don't seem to care.**

**Our relationship with time is the essential ingredient when it comes to restoring our mojos and allowing all parts of our life to function optimally.**

**We are seemingly caught between monotony and mania. Hence we despise time when it disappears when we need it and we do not worry when we have an abundance of it.**

**The ancient Greeks had three gods of time – the most celebrated was Chronos.**

**Time was all powerful, time was worshipped.**

**Cleopatra and ger team split daylight periods into 12 sections, the basis of the modern 12 and 24 hour day schedule.**



**Increased ability to travel altered our relationship with time. Coach journeys, train journeys as an example**

**At one point in the US, over eighty regional timetables were used , each based on their own local time.**

**In England, by 1855, they converged on London time which was then accepted and later came to be known as GMT.**

**Not long ago, people in the UK would call a number to get the accurate time.**

**Prior to alarm clocks, thousands of 'knocker uppers' were employed in the UK and other countries to go from door to door waking factory employees at their desired time. Factory workers would write their shift time on their doors for people to wake them up.**

**The idea of busyness equating to success is an odd status signal that only became prominent in the last couple of centuries.**

**Americans value busyness, Italians value leisure. Americans believe that hard work can lead to climbing the social ladder , but Italians do not hold this belief.**

**For Americans, time is money.**



**Oscar Wilde said “ Work is simply the  
refuge of people who have nothing  
whatever to do”**

**For many “not having time” is one of the most common barriers to making life changes.**

***Being* too busy and *feeling* too busy are two different things.**

**People tend to say they are busy when are *feeling* too busy, which is different from reality.**

**Feeling busy is the driving factor behind a lack of time for anything meaningful or enjoyable.**

**The roman republic had 8 days per week.  
When Rome embraced Christianity in the  
fourth century , then the 7 day week was  
implemented.**

**E mails are the lowest form of work activity that exists, reading and responding to e mails is often done to avoid real, meaningful work.**

**Identify periods of 'dead time' when you gain nothing from how you are spending your time, e.g. sitting in a flight or in a car.**

**An analysis of millions of decisions taken by nearly one thousand chess players found that, as the day progressed, players make quicker decisions but more errors.**



**Self deception is when people think they are something they are not.**

**Self deceit is the act of hiding truth from yourself.**

**On 1 st January every year millions  
convince themselves , its self deceit.**

**Our tendency to underestimate the time required for tasks is straight forward – its about ego !**

**We are terrible at predicting what will happen and how we will feel in the future.**

**If a choice is weighing on your mind, it is tempting to decide as soon as possible to remove the mental burden. Try letting the decision come to you over time than forcing it.**

**In politics when people vote they tend to take the last few months economic performance, they rarely look at the full 4 years or 5 years.**

**That's why politicians leverage our  
tendency to remember recent events.**



**As any recluse will tell you, solitude is so good it can be addictive.**

**Solitude frees you from many things, you are no longer the object of other's evaluations.**

**A survey of two thousand British adults showed that the average British citizen spends five years of their life feeling bored.**

**Boredom is typically highest in children and tends to decline in the late teens and early adult years.**

**Not all goals are created equal. Goals are vary in their ability to motivate, initiate and more importantly sustain behavior.**

**Think of goals as three drawers , the bottom one is *have* goals, the middle one is *should* goals and the top one is *be* goals.**

***Be* goals of who you want to be have the best impact.**

**Individuals who have 'be' goals have  
resilience**

**Formal and informal group affiliation  
influence our identities and shape our  
behavior.**