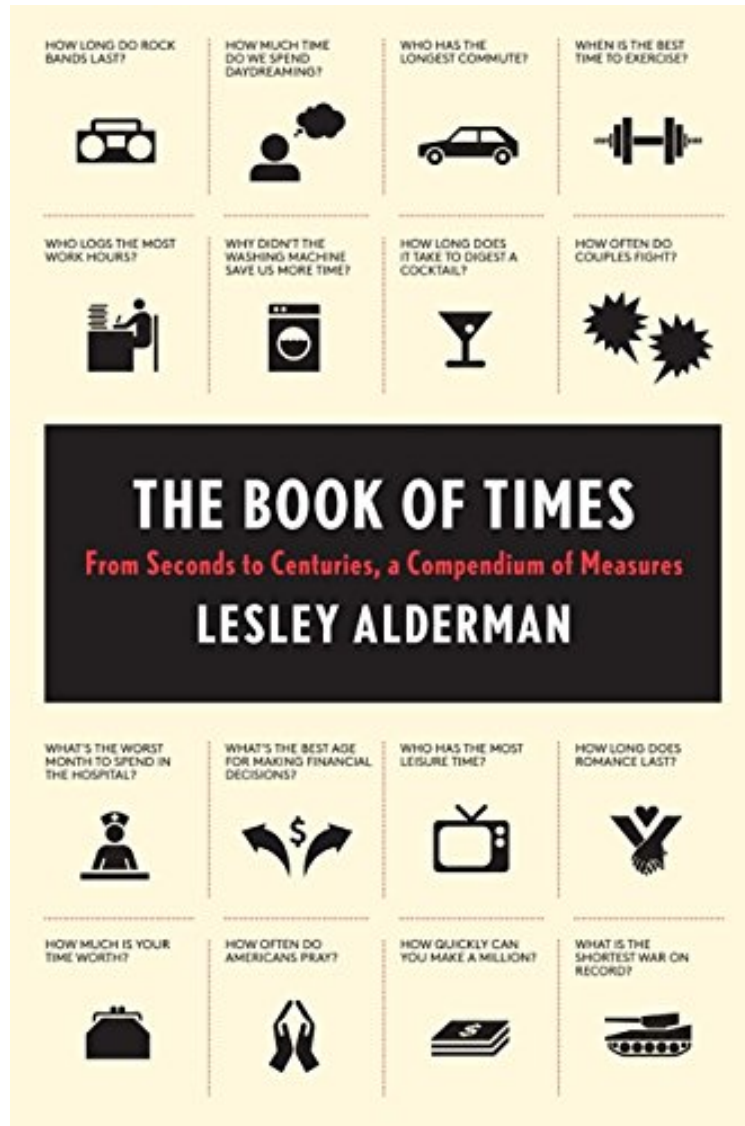


(Mobile book) The Book of Times: From Seconds to Centuries, a Compendium of Measures

# The Book of Times: From Seconds to Centuries, a Compendium of Measures

Lesley Alderman

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Lesley Alderman : The Book of Times: From Seconds to Centuries, a Compendium of Measures before purchasing it in order to gage whether or not it would be worth my time, and all praised The Book of Times: From Seconds to Centuries, a Compendium of Measures:

1 of 1 people found the following review helpful. For the Trivia buff...By James R This publication falls into the Trivia category; it is a fun book to while away the time with when some light reading material is needed. The Book of Times

picks out from many different sources information about how we spend our time, what we spend it upon, and how long the event might last. The many topics are each introduced by a question such as "How long do common ailments last?" and "How long does an orgasm last?" From the many sections that held my inquisitive nature, the following examples are of particular note: The Home section ("Knowing the timeline of your beloved home and the stuff inside it can help you avoid unpleasant surprises and plan for the inevitable ravages of time." pg.81), including an invaluable list about food expiration (pg. 94-97); the Longevity section ("Humans can survive for just 2 to 3 minutes without air, but with training it's possible to hold your breath for 11 minutes." pg. 311); and the Body section ("The cornea is the only part of the eye that has the ability to constantly renew itself...If our corneas were not so able, we might go blind at an early age." pg 121). At the end of the book is a test about what you might/might not know that you should take before reading, and then again after. My own pre-score was 7 of 30; my post was 28 of 30. One suggestion I have for the book's layout is that an index is needed, or at least a list of the many questions that are asked and their page locations; otherwise, I found "The Book of Times" highly informative and entertaining. Often have I turned to it while watching television in between commercials, or while standing in long lines such as the DMV. 0 of 0 people found the following review helpful. Sounds Great. Now all I need to do is find it and read it. By Martin Stuck Another book that I have not touched as yet. When I get most of my todo projects caught up and the season changes to SNOW, I'll be more likely to sit and catch up on my reading, but for now if I sit to read anything my mind wonders to "ya know I could be doing this or that". I'm a doer not a sit and read person during good weather. 5 of 5 people found the following review helpful. A compelling portrait of the times of our lives By Robert Levine I loved this book. It is a deceptively casual waltz through a remarkable range of statistics reflecting how time is used and spent. In the end, we are left with something more profound: a portrait, or at least a snapshot, of how people today live their lives. --Robert Levine (author, "A Geography of Time"), [...]

An endlessly fascinating, beautifully designed survey of time: how long things take, how long things last, and how we spend our days. Our relationship to time is complex and paradoxical: Time stands still. Time also flies. Tomorrow is another day. Yet there's no time like the present. We want to do more in less time, but wish we could slow the clock. And despite all our time-saving devices (iPhones, DVRs, high-speed trains) Americans feel that they have less leisure time than ever. In an era when our time feels fractured and imperiled, *The Book of Times* encourages readers to ponder time used and time spent. How long does it take to find a new mate, digest a hamburger, or compose a symphony? How much time do we spend daydreaming, texting, and getting ready for work? The book challenges our beliefs and urges us to consider how, and why, some things get faster, some things slow down, and some things never change (the need for seven to eight hours of sleep). Packed with compelling charts, lists, and quizzes, as well as new and intriguing research, *The Book of Times* is an addictive, browsable, and provocative look at the idea of time from every direction.

This clever and entertaining compendium contains everything you'd want to know about the ticking away of seconds, minutes, hours, days, years, decades and centuries. (Time.com) Alderman's greatest achievement is the continual delivery of quirky knowledge that our collective curiosities crave. (Forbes) Fascinated by how we spend—and waste—our most precious commodity, journalist Lesley Alderman gathered the sometimes-surprising stats for her debut, *The Book of Times (People)*...a fascinating foray into familiar terrain and a revealing look at how we really spend our lives. (Mental Floss) A new book confirms what most of us already suspect—time is everything. In *The Book of Times*, which was published in early February, Lesley Alderman, a health and finance reporter, compiled data from hundreds of studies to offer insight into how we spend our time. (JESSICA FERRI for Yahoo!) Brooklyn journalist Lesley Alderman collects hundreds of surprising surveys from around the world revealing how we spend our hours. (New York Post)...a compendium of surprising measurements of everything from love affairs to mental functions. How much of our waking time do we spend daydreaming? Nearly half. How long does it take to have sex, on average? A brisk 19.2 minutes. (Parade Pick) Read this book and you'll find out how time impacts areas of life such as love, work, money, and family. (The Columbian) This handy-dandy little volume encourages us to consider [time] hundreds of fascinating ways. ... Burrowing down into the many interesting factoids of this infinitely browse-able tome, no matter how long you stay at it, makes for time well spent. (American Profile) *The Book of Times* is informative and entertaining and a marvelous way to while away the time on a business commute or a lazy afternoon. (Iron Mountain Daily News) About the Author Lesley Alderman is a writer and editor on health and finance. She cowrote the "Patient Money" column for the New York Times for three years and is a former deputy editor of Real Simple and staff writer for Money. Alderman has contributed articles to a variety of national publications, including Barron's, Bloomberg Businessweek, EverydayHealth.com, Parenting, Prevention, and Time Books. She edited *First Impressions: What You Don't Know About How Others See You* (Bantam), which was translated into twenty-four languages. Alderman is also a certified yoga instructor. She lives with her family in Brooklyn.