



## daily GOOD

Mental time-travel is one of the greatest gifts of the mind. It makes us human, and it makes us special. --Claudia Hammond

### Unlocking the Mysteries of Time

"We construct the experience of time in our minds, so it follows that we are able to change the elements we find troubling -- whether it's trying to stop the years racing past, or speeding up time when we're stuck in a queue, trying to live more in the present, or working out how long ago we last saw our old friends. Time can be a friend, but it can also be an enemy. The trick is to harness it, whether at home, at work, or even in social policy, and to work in line with our conception of time. Time perception matters because it is the experience of time that roots us in our mental reality. Time is not only at the heart of the way we organize life, but the way we experience it." This article explores Claudia Hammond's book, "Time Warped: Unlocking the Mysteries of Time Perception" -- "a fascinating foray into the idea that our experience of time is actively created by our own minds, and how these sensations of what neuroscientists and psychologists call 'mind time' are created."

### Be The Change:

Notice your own perception of time this week and how it shifts when you try and live more in the present.