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The real measure of any time management technique is whether or not it helps you neglect the right things. --Oliver Burkeman

5 Questions on Your Relationship to Time

Oliver Burkeman's book, "Four Thousand Weeks: Time Management for Mortals," is all about how and why to reevaluate your relationship with time -- starting with the startling brevity of the average human life span, which gave the book its title. Burkeman doesn't pull any punches from there. To help guide us weary time travelers, Burkeman's book poses five questions to help you reconsider your relationship with time." More in this piece from NPR.

Be The Change:

For more inspiration, check out this On Being interview with Burkeman.