



Creating Time: Using Creativity to Reinvent the Clock and Reclaim Your Life

Marney K. Makridakis

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Most of us have said, “If only I had more time,” as a way of explaining why we aren’t leading our most fulfilling lives. This book turns the concept of time management upside down by presenting exciting new tools for viewing and experiencing your time. *Creating Time* combines creativity with science in a gorgeous colorful format that presents a fascinating adventure in which you will imagine, create, and completely reshape the way you experience time. Each chapter presents a shift-making concept illustrated by real-life examples, step-by-step introspective processes, and powerful creative projects that inspire a new sense of time, a liberating view of self, and a fresh perspective on the meaning of being human, empowered, and fully alive.

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