



# The Secret Pulse of Time: Making Sense of Life's Scarcest Commodity

*Stefan Klein*

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## **The Secret Pulse of Time: Making Sense of Life's Scarcest Commodity** Stefan Klein

Popular science at its very best, *The Secret Pulse of Time* awakens us to and empowers us with the idea that time is far more at our disposal than we have previously realized. Award-winning journalist Stefan Klein—whose previous book, *The Science of Happiness*, is a longtime international bestseller—here provides what are essentially “operating instructions” for time. Through a combination of original investigation and reportage, personal revelation, and a commanding presentation of scientific research (among disciplines including brain physiology, social psychology, philosophy, and Einsteinian physics), *The Secret Pulse of Time* teaches readers not only to better master time but also to understand why they so often fail to do so.

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