



Unwinding the Clock: Ten Thoughts on Our Relationship to Time

Bodil Jonsson

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Swedish physicist Bodil Jönsson has spent several decades thinking about the opportunities and problems facing human beings in these modern times. Technological developments--from high-speed travel to cell phones to computers and the Internet--would seem to save time, but as the pace of our lives increases, we all feel as if we have much less of it.

Jönsson combines her knowledge of science and technology with common sense and a woman's unique perspective. She reflects on how the pace of contemporary life takes its toll on our bodies and minds, asking difficult questions about what human and technological progress mean. She offers concrete suggestions for preserving our humanity while working and living in the fast lane. With unpretentious wisdom and gentle humor, Jönsson ultimately shows us how to slow down and enjoy life.

Unwinding the Clock is a book of universal appeal, and has been a phenomenal success in Europe, where several hundred thousand copies have been sold.

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