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“Laura Vanderkam’s 168 Hours: You Have More Time Than You Think (Penguin) has two genuine insights to offer. The first is right there in the subtitle: Many of us—especially those of us who claim to be insanely busy—probably aren’t quite as overworked as we claim, and that it is in fact possible to fit in most of what you actually want to do during the typical week.

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There are 168 hours in a week. This book is about where the time really goes, and how we can all use it better. It's an unquestioned truth of modern life: we are starved for time. With the rise of two-income families, extreme jobs, and 24/7 connectivity, life is so frenzied we can barely find time to breathe.

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“A week has 168 hours; if you work 50 hours and sleep 56 (8 per night), that still leaves 62 hours for other things.” -Laura Vanderkam, What the Most Successful People Do Before Breakfast

**[LAURA VANDERKAM | WRITER, AUTHOR & SPEAKER | TIME MANAGEMENT](#)**

168 hours by laura vanderkam 168 Hours starts out with a discussion of the common modern narrative about how nobody has enough time. She strongly disagrees with this, arguing that 168 hours a week is enough time to fit in a robust career, a strong family life, exercise, hobbies, and enough sleep per night.

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Once you’ve got a good handle on how you’re spending your 168 hours, chances are, you’ll see a lot of “leaks” that can be used to connect more with your spouse. You may also find something very surprising. Chances are, in the early days, scheduling time with your spouse or spouse to be, was #1 on your priority list.

*168 Hours: You Have More Time Than You Think by Laura ...*

168 Hours: You Have More Time Than You Think. By Laura Vanderkam, Buy the book. GET GET GET GET GET. This book has 1 recommendations. Seth Godin (Author / ) We so often live our lives day by day. Laura wants us to think about doing it hour by hour. Living this mantra by example, she gets more done in a day than most of us do in a week.

*Relax, You Have 168 Hours This Week*

Let's break down the title a second though: 168 hours is how many hours you have if you don't sleep and don't go to work. So let's say you sleep 7-8 hours a night (because you really should), then you actually have 112-119 hours a week. Do you shower most days? Eat 3 meals? Prepare dinner? 100-112. If you

**BOOK REVIEW: 168 HOURS: YOU HAVE MORE TIME THAN YOU THINK**

There are 168 hours in a week; this is immutable truth. That sounds like a lot, but is it really enough time to cover the demands of a successful career, family involvement, and everything else...

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If you frequently find yourself feeling like you simply don't have enough time for everything in your life, take a look at 168 Hours. Yes, it will take time to read the book and put it into...

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Consider this: The problem may not be that you are overworked or under rested, it may well be that you have absolutely no idea how you spend your 168 hours. Perhaps you can be in better shape than you have ever been, because you’re sleeping enough and exercising enough.

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