



# Time Warped: Unlocking the Mysteries of Time Perception

*Claudia Hammond*

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## Time Warped: Unlocking the Mysteries of Time Perception *Claudia Hammond*

Drawing on the latest research from the fields of psychology, neuroscience, and biology, writer and broadcaster Claudia Hammond explores the mysteries of our perception of time in her book *Time Warped*.

Why does life seem to speed up as we get older? Why does the clock in your head move at a different speed from the one on the wall? Why is it almost impossible to go a whole day without checking your watch? Is it possible to retrain our brains and improve our relationship with it?

In *Time Warped*, Claudia Hammond offers insight into how to manage our time more efficiently, how to speed time up and slow it down at will, how to plan for the future with more accuracy, and she teaches how to use the warping of time to our own benefit.



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