Contents

Part One
Overbooked and About to Snap

1 The Peculiar Life We Lead, or, The Agony of a Rotary Phone 3
2 This Attention Deficit World: Frantic, Free, and Out of Control 8
3 The Rush, the Gush, the Worry, and the Blather 12
4 Amid a Sea of Uncertainty 15
5 The Myth and Reality of Multitasking 18
6 Racing to Get There: The Daily Drill 23
7 Energy, Enthusiasm, and Play 30
8 Oxymorons of Modern Life: Connected Anonymity and Social Disconnection 34
9 Scheduled Lovemaking 38
10 Emotion: Key #1 to the Best of Modern Life 41
11 Rhythm: Key #2 to the Best of Modern Life 45
12 Finding Hope When You're Down 53
13 Gemmelsmerch 56
14 The Paradox of Labor-Saving Devices 61
15 Blind Baseball 66
CONTENTS

16 New Words for New Problems—Some with New Solutions 71
17 An Alphabet of Reasons Why We Are So Busy 86
18 Why Women Have It Harder Than Men 92
19 Not Your Father's Oldsmobile—or Toyota 94
20 C-State and F-State 97
21 Juggling 105
22 "Folks Ain't Got No Time" 109
23 Speed's Appeal 120
24 Where Do New Ideas Come From? 125

Part Two
Creating a System That Works for You

25 The Central Solution 137
26 Accepting Limits: The First Step Toward Doing What Matters Most 140
27 Getting the Best Return on Your Investments of Time 144
28 Ten Key Principles to Managing Modern Life 162
29 Improve Your Ability to Pay Attention 178
30 Combine Work and Play 185
31 How One Man Helps His People Think 200
32 More Specific Suggestions 207
33 What Dyslexia and ADD Can Teach Us About Managing Modern Life 215
34 The Ultimate Solution 222
35 Joy Every Day: The Reward of Taking Your Time 227

Index 231