

NOTES FROM: *How to Live on 24 Hours a Day*, by Arnold Bennett

SUMMARY: This is an incredible, hidden classic from all the way back in 1908(!), and Bennet's enthusiasm just completely took me over when I discovered this book for the first time. I was already more than a little aware of the true value of time and why it was worth protecting, but I *loved* this hundred-year-old reminder.

Bennett was also a pretty heavy reader (one of us!), and he even mentions at one point that he was *never* caught traveling without his Marcus Aurelius. But the style and tone of this book is almost like he had invited you into his home, you asked him for his best time management advice, and then patiently listened to his helpful, lively answers. When he says that "the supply of time is truly a daily miracle," it's raised to the level of a conviction.

Speaking for myself, time is one of *the* most fascinating subjects: everyone gets the same amount of it, even though we don't necessarily *control* the same amount of our time, but we don't even really understand what it *is* or where it *comes from*. What's more, certainly most of us live as though there's an everlasting supply of it. *We live as though we're immortal*, only briefly and occasionally looking up from our ordinary concerns to realize how *astonishing* it is that we've been given an additional 24 hours to spend virtually however we'd like. And this happens every day we're alive!

How to Live on 24 Hours a Day is one of the earliest time management books, yet still among the very best. And while I've never *once* made it a full 24 hours without wasting at least 1 minute of it, I waste much *less* of it after having read this book. Perhaps most importantly, now I also know the *true value* of what exactly I'm throwing away.

"More time can generate more money, but money can never buy you more time."

"It is always the man who has tasted life that demands more of it."

"The supply of time is truly a daily miracle, an affair genuinely astonishing when one examines it."

"Time is the most magnificent of all your possessions and it's completely yours."

"You can only waste the passing moment. You cannot waste tomorrow; it is kept for you. You cannot waste the next hour; it is kept for you. I said the affair was a miracle. Is it not?"

"We never shall have any more time. We have, and we have always had, all the time there is."

"The most important preliminary to the task of arranging one's life so that one may live fully and comfortably within one's daily budget of twenty-four hours is the calm realization of the extreme difficulty of the task, of the sacrifices and the endless effort which it demands. I cannot too strongly insist on this."

"Yet I think it is rather fine, too, this necessity for the tense bracing of the will before anything worth doing can be done. I rather like it myself. I feel it to be the chief thing that differentiates me from the cat by the fire."

"The chief beauty about the constant supply of time is that you cannot waste it in advance. The next moment is waiting for you as if you'd never wasted a single moment of your life."

"The water won't be any warmer next week. It'll be colder."

"Allow for human nature, especially your own."

"There is no such man as the average man."

"If a man makes two-thirds of his existence subservient to one-third, for which admittedly he has no absolutely feverish zest, how can he hope to live fully and completely? He cannot."

"Time is more than money."

"Each of us has a solid coin of time to spend every day. We must get change for it, and in doing so we are often content to lose heavily."

"Keep bringing your mind back to its task by the scruff of its neck."

"For myself, you do not catch me travelling without my Marcus Aurelius."

"Use all of your time, not just a little bit of it."

"Having once decided to achieve a certain task, achieve it at all costs of tedium and distaste. The gain in self-confidence of having accomplished a tiresome labor is immense."

"It will be found, ultimately, that in taking care of oneself one has quite all one can do."