

Resources – What time is it?

Book: "Timeshifting: Creating more time to enjoy your life" by Stephan Rechschaffen, MD

Article: "Why you're experiencing time as fast and slow" by Lila McClellan in "Quartz at Work" *accessed via LinkedIn*

Article in New York Times: "What Day is It? You're not the only one asking"

Poem by Judy Sorum Brown: To the People in My Lost Calendar

"I've lost my calendar,
my phone book,
the lists
of things to do,
I've lost it all.

I'll have to wait then
till the book
is found,
or sit in silence
and compose
a life that's new

Or wait until you call.

I'll have to take
a walk
or write a poem or
a song.

I'll simply have to be
just as I am-
not busy organizing,
not planned.
I'll just have to be,
not do...
at least for now.

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