

## Untitled Document

Have you ever wondered why the trip back feels so much shorter? Driving back from a place always se

According to Israeli psychologist Dan Zakay, we all suffer from this illusion. In the August edition of

When awareness of time is not important, any guess you take about the duration of something will

Research has shown that the length of our retrospective estimates relies on how much information

Time, however, nearly crawls to a grinding halt when you're trapped in a boring conversation. 'Bori

In any situation, when you focus on when-will-it-be-over, you remove the biggest part of yourself fr

Even when the present moment feels unbearable, being there can be helpful because you begin to

And, to tell you a secret, the present moment very seldom is unbearable. Ninety-nine percent of th

I guess that's what all the people who say "you must face your fear" actually mean. They're trying t

Fear is future-based, but a past-based focus can be just as successful at sapping your joy. It is diff

We miss so much when we're stuck in the past or constantly project ourselves into the future. So, l

## The trip back

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'Doing' shouldn't even be the operative word here. It really doesn't matter what you're doing, as long as

To reel yourself back into the moment, ask the following: What do I hear? What do I see? What do

These are the first steps to reconnect you with a kind of attentiveness that is only available in the p

Not that I'm saying you should be tripping out on hot baths all day long; just that it's a good doorway