



"Within a few pages, Laura Vanderkam's crisp, entertaining book convinced me I had time to read it. Then it convinced me I had time to reread War and Peace. In the original Russian. Thank you, Laura, for freeing up my schedule!"
—MARTHA BECK, bestselling author of STICKING BY

TITLE:

168 Hours

AUTHOR:

Laura Vanderkam

READ BY:

Elizabeth London

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NONFICTION

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"We so often live our lives day by day. Laura wants us to think about doing it hour by hour. Living this mantra by example, she gets more done in a day than most of us do in a week."— *Seth Godin, author of Linchpin*

"Laura Vanderkam shows us how to use our only real wealth—our 168 hours a week—to make our lives richer, not busier. That's a wonderful gift, because it's what genuine success is all about."— *Geoff Colvin, author of Talent Is Overrated*

168 Hours

by Laura Vanderkam

Read by Elizabeth London

This book is about where the 168 hours in a week really goes, and how we can all use it better.

It's an unquestioned truth of modern life: we are starved for time. With the rise of two-income families, extreme jobs, and 24/7 connectivity, life is so frenzied we can barely find time to breathe. We tell ourselves we'd like to read more, get to the gym regularly, try new hobbies, and accomplish all kinds of goals. But then we give up because there just aren't enough hours to do it all. Or else, if we don't make excuses, we make sacrifices. To get ahead at work we spend less time with our spouses. To carve out more family time, we put off getting in shape. There has to be a better way—and Laura Vanderkam has found one.

AUTHOR

Laura Vanderkam is the author of the forthcoming book *I Know How She Does It: How Successful Women Build Lives That Work*, *What the Most Successful People Do Before Breakfast*, *168 Hours: You Have More Time Than You Think*. A 2001 graduate of Princeton, Laura enjoys running and singing and serves as the president of the board of trustees for the Young New Yorkers' Chorus. She lives outside Philadelphia with her husband and four children.

READ BY

Elizabeth London trained at the British American Drama Academy and has worked for the Hook & Eye Theater Company, the Metropolitan Opera and the Burning Coal Theatre Company, among others. She is currently based in NYC.