



How To Live On Twenty Four Hours A Day: "It is easier to go down a hill than up, but the view is from the top."

Arnold Bennett

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How to Live on Twenty Four Hours a Day is a classic of self-improvement by Arnold Bennett published in 1910. Although the book is more than one century old, the practical advice and the inspirational ideas that it provides have become much pertinent to twenty-first-century concerns since today most people find themselves in a fatal combat with time. The volume is divided into a number of chapters, each of which offers a series of tips to be followed in order to get the best of one's twenty four hours and to "live" rather than just "exist." What has made modern people feel enslaved to time, according to Bennett, is the way the Industrial Revolution has mechanized their lifestyle. They have become like machines reiterating the same things for years and even decades so that they have lost the taste of life. Bennett gives solutions to these modern problems, solution of how to save time and enjoy it, solutions of how to make use of one's existence. Literature, the arts, history and philosophy are among the tools that help achieve such a goal. For Bennett, one has to keep on reminding himself that time is often more precious than money.

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