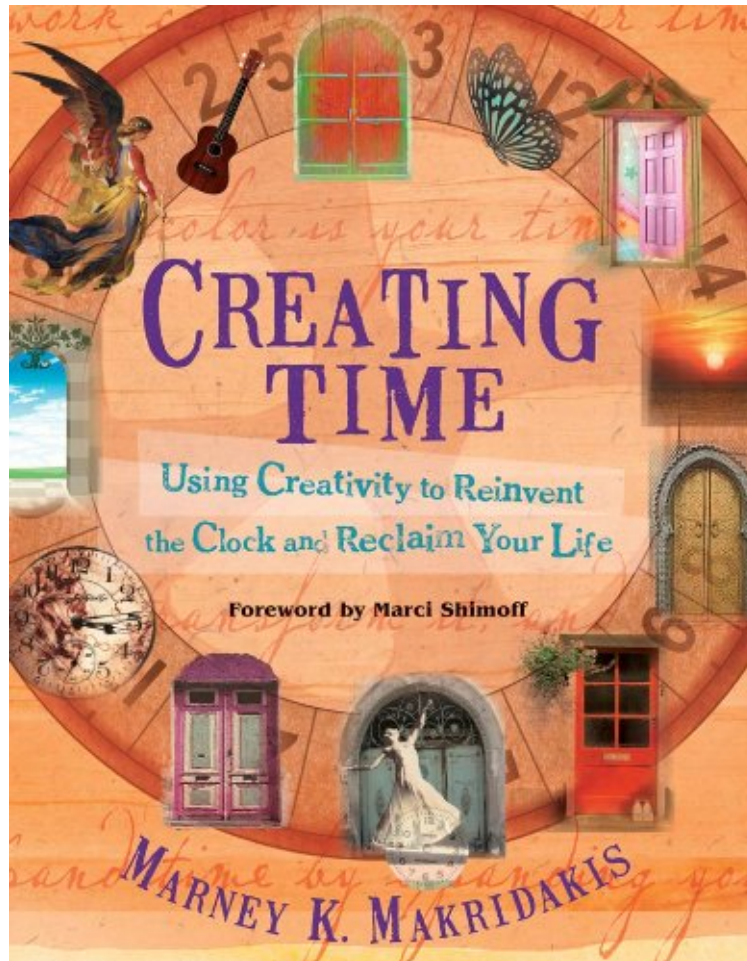


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# Creating Time: Using Creativity to Reinvent the Clock and Reclaim Your Life

Marney K. Makridakis

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**Marney K. Makridakis : Creating Time: Using Creativity to Reinvent the Clock and Reclaim Your Life** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Creating Time: Using Creativity to Reinvent the Clock and Reclaim Your Life:

10 of 10 people found the following review helpful. How we spend time is how we spend our life. By Terry Jordan My husband tracks everything by the clock. He times every little thing he does and logs every workout. One of his sayings is, "How we spend time is how we spend our life. Time is life!" I have pondered this statement for years. Reading Marney's book has given me a deeper and more comprehensive way of looking at time than ever before. It's not that it counters what my husband believes. Instead, Creating Time has given me a glimpse into the eternal nature of time. Creativity is that magical link that seems to bend time. Marney shares hundreds of stories, photos, art pieces and poems along with invitations to try activities. No matter where the book opens as I flip through the pages, I am inspired by the art, the words, the images and mostly the depth. Marney is the quintessential matchmaker, bringing

together artists of all types. I am so grateful that Marney has taken the time to bring together so much beauty, energy, love and light into one place so that I can explore creativity in my own home at my own pace for years to come. I LOVE this book!!!!6 of 6 people found the following review helpful. Take Your TimeBy Karen KarstenI love this book--it is stuffed so full of time it almost goes tick-tock when you pick it up. Go ahead, open the book and be introduced to new ways of looking at time--all of which will definitely expand what time means and looks like in your life. Full disclosure: some of my own work is in this book, along with many other creative time-travelers. I loved creating the art and what I learned from doing it."Creating Time Through Gratitude" (Chapter 6) is one of my many favorites. Creating a Gratitude Practice is such an inspired and enjoyable way of looking at and appreciating everything in your life. "Gratitude bridges the entire time continuum," is so true--when I stop to appreciate my children, I appreciate not just who they are today, but who they have been in my whole life. I see my successful vibrant daughters, my grandchildren and the babies they were. When I appreciate the gifts my grandmother and mother have given me, I see my entire life with them--even though they are no longer here. In this tiny second, my whole life unfolds inside my heart.The artwork throughout the book is a wonderful way to show time outside of a clock, inside your heart and soul. Even if you think you aren't an artist, try the exercises--amazing things happen when you get lost in time by creating a physical object or writing! Try the ARTsignment Stop. Watch. You might be surprised at the ideas you have about time. Ideas that may have been holding you back from the full delight and pleasure your life has to offer--an invisible barrier you didn't know was there. Ideas that you now can start to change because you know about them.There are so many other fascinating ideas in this book--open it anywhere and dive in. It's worth your time.0 of 0 people found the following review helpful. multi-task more all in an effort to save time and find more time in a life that can often feel like there is just not enough timBy Charles Georgeldquo;In the world of fast, faster, and fastest time is a precious commodity. We eat fast, sleep less, multi-task more all in an effort to save time and find more time in a life that can often feel like there is just not enough time. This book is a great way to creativity shift that paradigm. It is packed full of information, resources, insight, and explorations to help you better understand your relationship with time and ways to play with it instead of being stressed by it. It is an insightful tool for professionals in the midst of building their own practices as well as anybody that feels they are constantly trying to juggle the many layers of life and need more time.rdqquo;-Brittiney George, Movement Practitioner Specializing in Rubenfeld Synergy and Infant Massage Education

Most of us have said, "If only I had more time," as a way of explaining why we aren't leading our most fulfilling lives. This book turns the concept of time management upside down by presenting exciting new tools for viewing and experiencing your time. Creating Time combines creativity with science in a gorgeous colorful format that presents a fascinating adventure in which you will imagine, create, and completely reshape the way you experience time. Each chapter presents a shift-making concept illustrated by real-life examples, step-by-step introspective processes, and powerful creative projects that inspire a new sense of time, a liberating view of self, and a fresh perspective on the meaning of being human, empowered, and fully alive.Includes a download link to your FREE Time Expansion Kit!

"Everyone wants more time, and time multiplies when you read this brilliant book! Creating Time is life changing, full of practical and magical ways to feel free, flowing, inspired, and gifted with time in your life.rdqquo;— SARK, artist and author of Glad No Matter What"If you feel like you are always running out of time, if you feel the daily pressure and stress of 'not enough time,' this book will expand your mind, open your heart, and YES, give you all the time in the world.rdqquo;— Arielle Ford, bestselling author of Wabi Sabi Love"In a society that seems to thrive on making us feel hurried and harried and pressed for time, this book stands firmly in the conviction that we have more time than we think we do and that we're entitled to every delicious minute of it.rdqquo;— Victoria Moran, author of Creating a Charmed Life