

PREFACE TO THIS EDITION

In the preface to his influential work, "How to Live on Twenty-Four Hours a Day," the author addresses feedback received from readers and critics, noting the absence of significant criticism except for objections to the perceived frivolous tone, which he disputes. He confronts a more substantial concern raised by sincere correspondents, challenging his assertion that the majority of people do not engage passionately with their work. These correspondents claim to find genuine satisfaction in their daily tasks, suggesting that they invest themselves fully and emerge genuinely tired. The author acknowledges this perspective, conceding that he had overlooked a significant minority who immerse themselves completely in their vocational activities. This portion of the workforce, he realizes, does not only meet but often exceeds their professional obligations, living their lives to the fullest through their vocations.

Responding to this realization, the author admits that his original message was primarily aimed at those who do not feel as engaged with their work or life, suggesting that the disengagement represents a wider tragedy. However, he aims to adjust his advice, recognizing the nuances in individual experiences with work and life satisfaction. For those who already commit their full energy to their jobs but wish to find more in life beyond their occupational duties, he proposes practical advice. Recognizing the limitations set by exhaustion from work, the author suggests circumventing the issue not by extending the day's end but by reclaiming the morning hours. He challenges readers to wake up earlier, arguing that doing so can rebalance life's scales toward a more fulfilling existence. Dismissing the notion that his suggestion is unrealistic, he points to the elasticity of sleep habits and the potential for personal adjustment to create more hours for living fully, not just working.

The preface sets the stage for a book that seeks to expand the reader's appreciation and utilization of time, recognizing the diversity of lived experiences and aspirations. It

underscores the importance of proactively seeking balance and fulfillment in life, beyond the confines of professional obligations, through self-reflection and practical adjustments to daily routines.

