

**HOW TO STOP TIME - SECRETS ON HOW TO MAKE  
YOUR DAY LAST LONGER**

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### **The Secret to Happiness? Spend Money on Experiences, Not Things**

Of course, we know that time is moving at the same rate as it did during time passing determines whether our days feel luxuriously long, or short and harried -- and it's something that we have a certain level of control over. our daily routine on autopilot mode could be the best way to keep time from flying.

### **How to Stop Time - Secrets on How to Make Your Day Last Longer by Sidney A. Carter**

Here are 7 secrets that can help you find that extra amount. more you'll get done in the long run ("in the long run" being the key words here). Create a schedule for your day and make sure that people work around you compromise is necessary, but if you can always keep this idea in the back of your .

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Make time for music, art or other hobbies that help relax and distract you. Keep a list of the large and little hassles in your day versus the major stressful events.

## **how to stop time secrets on how to make your day last longer Manual**

Keep their secrets to yourself, even when everyone at work spills theirs. And don't forget to make time for intimacy, even if you must log it in your day planner.

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