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Science is not short of explanations. "The more detailed the memory, the longer the moment seems to last," the New Yorker's Burkhard Bilger writes. "This explains why we think that time speeds up..."

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It has to do with processing speed and how well they pay attention, but also that when a child, the brain is still developing. Their neurons don't have all their myelin — the insulator on the

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## **Why our sense of time speeds up as we age — and how to**

...

The sensation that life is speeding up is a commonly reported aspect of ageing. Experiments have suggested that our ability to assess the passing of time does alter with age.

## **Does life speed up as you get older? - BBC Future**

Many of us recall with longing the endless summer days of childhood, when a single happy day at the beach seemed to last forever. That's because for many of us, time seems to speed up the longer we live.

## **Why time feels like it speeds up as we get older ...**

The greater our acquaintance with the routines of everyday life, the quicker we perceive time to pass and, generally, as we age, this familiarity increases. This theory suggests that, in order to

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make our time last longer, we should fill our lives with new and varied experiences, eschewing the time-sapping routine of the everyday.

### **Why does time speed up when you get older? - BBC Science ...**

Why Life Speeds Up as You Get Older: How Memory Shapes Our Past by Douwe Draaisma 277pp, CUP, £19.99. Physicists tell us we live in a four-dimensional space-time continuum: in their equations ...

### **You must remember this | Books | The Guardian**

Psychologist William James, in his 1890 text Principles of Psychology, wrote that as we age, time seems to speed up because adulthood is accompanied by fewer and fewer memorable events.

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### **Why Does Time Fly as We Get Older? - Scientific American**

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Why do you think time speeds up? In addition to Bejan's hypothesis, one can also think of other possible reasons that time speeds up in adults as they age: A change from the...

### **A theory about why time keeps gaining on you - Big Think**

Why time speeds up as we get older. The time-bending power of your brain. Now Playing. NEXT UP Psychology. ... Have you found out you've been getting a phrase wrong all your life? Watch now.

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people found this helpful. Helpful.

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## **Amazon.com: Customer reviews: Why Life Speeds Up As You ...**

It seems that time “speeds” up as people aged towards 50. People between 20 and 50 felt most pressured by lack of time, specifically not having enough time to do all that they needed to do within a day. Across this entire age span, all felt that time was speeding up.

## **Is time speeding up, or is it just me? | COFCO**

This memory cluster may help explain why time speeds up with age, as older people move further away from this critical period in their lives. ... At the other end of the life spectrum, ...

## **Why does time seem to speed up as we get older? | The ...**

How To Combat Everything Speeding Up. Many aspects of the

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acceleration of time are not possible to resist. As our society speeds up it will take us with it to some extent. We do have some control, however, over the speed of our own lives. Here's some advice on slowing things back down and taking control: Find your life's purpose.

### **Life Is Speeding Up - THE IFOD**

In *Why Life Speeds Up As You Get Older*, Douwe Draaisma explores the nature of biographical memory, offering the reader a fascinating and in-depth look at the many ways in which memory works and the many ways in which it can fail.

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Entertaining and educational, Douwe Draaisma's *Why Life Speeds Up As You Get Older* raises almost as many questions as it answers. Draaisma applies a blend of scholarship, poetic



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sensibility and keen observation in exploring the nature of autobiographical memory, covering subjects such as déj...-vu, near death experiences and the effect of severe trauma on memory recall, as well as human ...

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Part of the reason time seems to speed up as we age is due to our perception. "For a 10-year-old, one year is 10 percent of their lives," says neurologist and neuroscientist Dr. Santosh Kesair. "For a 60-year-old, one year is less than two percent of their lives.

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