

Four Thousand Weeks

author: Oliver Burkeman

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Synopsis

author	Oliver Burkeman
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Brought to you by Penguin. The instant *Sunday Times* best seller. A *Financial Times*, *Guardian* and *Observer* Book of the Year. One of the *Daily Telegraph's* 75 Best Books of 2021. **What if you stopped trying to do everything, so that you could finally get round to what counts?** We're obsessed with our lengthening to-do lists, our overfilled inboxes, the struggle against distraction and the sense that our attention spans are shrivelling. Still, we rarely make the connection between our daily struggles with time and the ultimate time management problem: the question of how best to use our ridiculously brief time on the planet, which amounts on average to about 4,000 weeks. *Four Thousand Weeks* is an uplifting, engrossing and deeply realistic exploration of the challenge. Rejecting the futile modern obsession with 'getting everything done,' it introduces listeners to tools for constructing a meaningful life by embracing rather than denying their limitations. Drawing on the insights of both ancient and contemporary philosophers, psychologists and spiritual teachers, Oliver Burkeman sets out to realign our relationship with time - and in doing so, to liberate us from its tyranny. **Embrace your limits. Change your life. Make your 4,000 weeks count.**

Reader's comments

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