

# Treasured hour

by Aje Arruti

## TREASURED HOUR

BY AJE ARRUTI

122 pages

Personal Development

■ If you were given an extra hour every day, what would you do during that time?

■ This book is not about time management, as time cannot be managed!

### SYNOPSIS

If you have already come up with an answer to this question, then in this book you'll find ideas that may help you to find the time that you need. If you still haven't answered this question, the path to follow that the book suggests will travel with you, in the search for a well-thought out answer. This present of time is your Treasured Hour, that which gathers up quality time so it's reserved for what is really important to you.

Time cannot be managed. It follows its unstoppable course, independent of what we wish of it or what we are capable of dedicating to it. Nevertheless, we do have the choice of what we do along its course and of how we experience it. The treasured hour cannot be written down in a diary. Neither is it measured by clocks. It is not a time you can waste or win, or even take advantage of. The treasured hour can only be experienced and is only experienced now.

### ABOUT THE AUTHOR

Maria Jesús (Aje) Arruti is a journalist. After developing her professional career in the printed media, she has dedicated her time to training. After having lived in several different cities, she has returned to the city where she was born, San Sebastian.

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