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There are 168 hours in a week; this is immutable truth. That sounds like a lot, but is it really enough time to cover the demands of a successful career, family involvement, and everything else...

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Once you've got a good handle on how you're spending your 168 hours, chances are, you'll see a lot of "leaks" that can be used to connect more with your spouse. You may also find something very surprising. Chances are, in the early days, scheduling time with your spouse or spouse to be, was #1 on your priority list.

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Vanderkam's crisp, entertaining book convinced me I had time to read it. Then it convinced me I had time to reread War and Peace. In the original Russian. Thank you, Laura, for freeing up my schedule."

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"You have more time than you think" is the tagline for 168 Hours. But, in fact, to truly embrace time-management, I need to absorb the opposite principle: I have less time than I think.

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