



## How to Live on Twenty-Four Hours a Day: How to Live

By Arnold Bennett

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.How to Live on Twenty-Four Hours a Day by Arnold Bennett - How to Live on 24 Hours a Day (1910), written by Arnold Bennett, is part of a larger work entitled How to Live. In this volume, he offers practical advice on how one might live (as opposed to just existing) within the confines of 24 hours a day. In the book, Bennett addressed the large and growing number of white-collar workers that had accumulated since the advent of the Industrial Revolution. In his view, these workers put in eight hours a day, 40 hours a week, at jobs they did not enjoy, and at worst hated. They worked to make a living, but their daily existence consisted of waking up, getting ready for work, working as little as possible during the work day, going home, unwinding, going to sleep, and repeating the process the next day. In short, he didn't believe they were really living. Bennett addressed this problem by urging these salarymen to seize their extra time, and make the most...



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