



**How to Live on 24 Hours a Day**

**Arnold Bennett (1867 - 1931)**

Read by:	Phil Chenevert	Format:	MP3 CD in DVD case
Length:	1 hours 37 minutes	Catalog:	DB-1170
Language:	English	UPC:	0683422134890
Style:	Solo	MSLP:	\$9.99
Genre:	Education and Self-Help		

*How to Live on 24 Hours a Day*, published in 1910, offers practical advice on how to effectively use one's spare time to alter a humdrum existence into an interesting and rewarding life. Arnold Bennett targeted an audience of the large and increasing number of white collar workers stuck in jobs with little in the way of incentive or reward beyond an income that trapped them in a numbing daily routine. The simple advice is to find 90 minutes three times a week, usually in the evening, and use that time for self-improvement through reading literary classics and other useful texts, meditating, practicing self-discipline, or studying the arts. Bennett advises against proselytizing to others, rushing or attempting too much at first. He favors a balance between flexibility and rigid discipline and a slow but steady pace at the outset. The book was one of the first self-improvement works and has gained resurgence in recent years due to its ongoing relevance.

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**Arnold Bennett** (May 27, 1867 – March 27, 1931) was an English writer who produced a host of popular novels, seventeen non-fiction books, four screenplays, a play, and a libretto. Born and educated in the West Midlands, he moved to London at 21 and found success as a journalist, eventually becoming editor of the periodical *Woman*. He dedicated himself to writing full time in 1900. He moved to Paris in 1903 to join a worldly group of artists converging on Montmartre and Montparnasse in those years. His best known novel, *The Old Wives' Tale*, appeared in 1908 to immediate success and prompted a visit to America in 1911, where he was greeted with acclaim comparable to that of Charles Dickens. The book was hailed as a masterpiece and is listed at number 87 in the 1988 Modern Library list of the best English-language novels of the 20th Century. His most popular non-fiction work, *How to Live on 24 Hours a Day*, appeared in 1910 and is part of a larger series *How to Live*. Bennett served as Director of Propaganda for France during World War I. He left his French wife in 1921 to take up with actress Dorothy Cheston, with whom he remained but never married. Their daughter, Virginia, was born in 1926 and later served as president of the Arnold Bennett Society. He died of typhoid in London after drinking tap water during a visit to Paris.