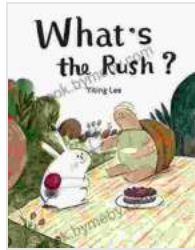


# What the Rush? A Journey Through the Science of Time



**What's the Rush?** by Kathryn Heling

★★★★☆ 4.9 out of 5

Language : English

File size : 19926 KB

Text-to-Speech : Enabled

Print length : 40 pages

Lending : Enabled

Screen Reader : Supported

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Time is one of the most fundamental aspects of our existence. It shapes our experience of the world, from the way we perceive events to the way we plan for the future. But what is time, exactly? And how does it work?

In her new book, *What the Rush?*, science writer Kathryn Heling takes us on a journey through the science of time, from its origins to its implications for our lives. Heling explores the latest research in physics, biology, and psychology to uncover the secrets of time and how it shapes our experience of the world.

Heling begins by exploring the origins of time in the Big Bang. She explains how the universe began as a tiny point of infinite density and heat, and how it has been expanding ever since. This expansion has created the arrow of time, which is the one-way direction in which time flows.

Heling then turns to the question of how we perceive time. She explains that our brains create a subjective experience of time that is not always in sync with the objective passage of time. For example, time seems to pass more slowly when we are bored and more quickly when we are excited.

Heling also explores the relationship between time and consciousness. She argues that time is not simply a measure of duration, but is also a fundamental aspect of our experience of consciousness. Without time, we would not be able to remember the past or plan for the future.

*What the Rush?* is a fascinating exploration of the science of time. Heling writes with clarity and wit, and she offers a wealth of insights into one of the most fundamental aspects of our existence. This book is a must-read for anyone who wants to understand the nature of time and its implications for our lives.

### **Praise for *What the Rush?***

"A brilliant exploration of the science of time, *What the Rush?* is a must-read for anyone who wants to understand the nature of time and its implications for our lives." — Sean Carroll, author of *The Big Picture*

"Kathryn Heling has written a fascinating and thought-provoking book about the science of time. *What the Rush?* is a must-read for anyone who wants to understand the nature of time and how it shapes our experience of the world." — Michio Kaku, author of *Parallel Worlds*

"A beautifully written and deeply insightful exploration of the science of time, *What the Rush?* is a must-read for anyone who wants to understand

the nature of time and its implications for our lives." — Adam Savage, co-host of *MythBusters*

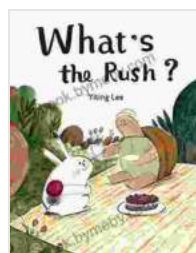
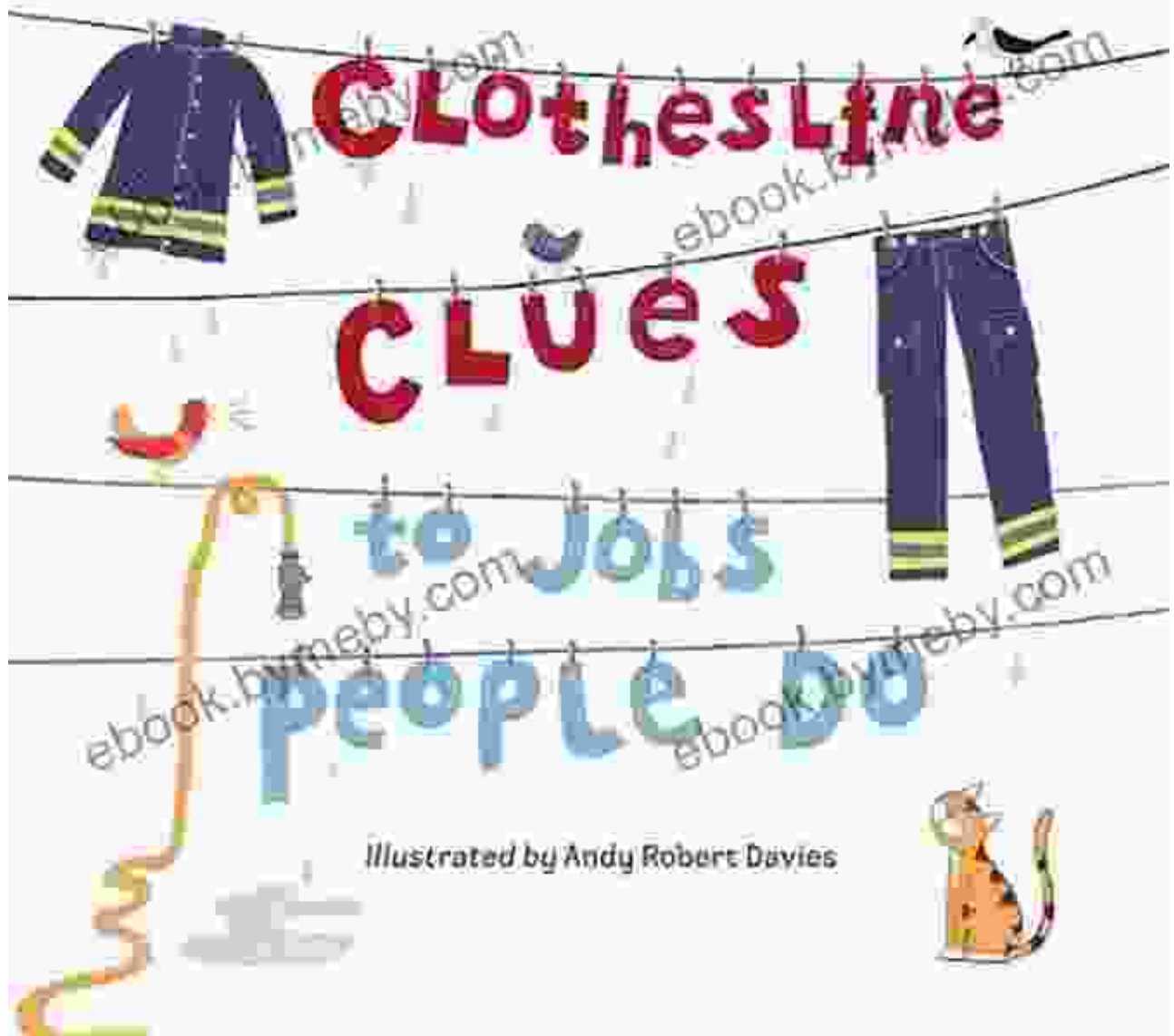
## **About the Author**

Kathryn Helling is a science writer and author of the popular blog *What the Rush?*. Her work has appeared in *The New York Times*, *The Washington Post*, and *Scientific American*. She is also a contributor to the NPR science podcast *Short Wave*.

## **Free Download Your Copy of *What the Rush?* Today!**

*What the Rush?* is available now from all major booksellers. Free Download your copy today and start your journey through the science of time!

Kathryn Heling and Deborah Hembrook



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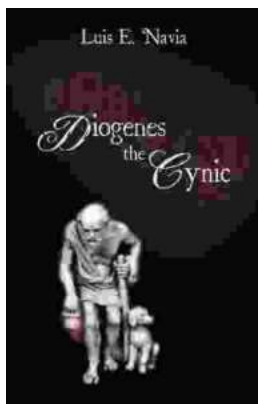
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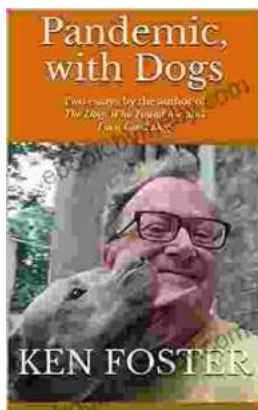
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