Index

Note: Page numbers followed by “n” indicate notes.

Achieving goals, 63, 72, 139–141
Afternoons, 30, 59, 96, 97, 147–8
American Time Use Survey (ATUS), 34
Appointments, 30, 63, 98
Assemblages, 5, 9, 19, 22, 87, 109, 111, 135
Austerity, 91

Burnout, 19, 151, 156
Busyness
frustrations, 18, 49, 91, 152, 153
keep on going, 105, 112
‘off the clock’, 60, 74, 82
paradoxes, 2, 19, 30, 149
therapeutic qualities, 19, 134–136, 138–139, 142, 153, 157

Care
for others, 17, 78–79, 81, 101, 132, 153, 144–145
for ourselves, 8, 61, 68, 136, 142–143
space, , 98
Center Parcs, 113
Childcare
gender differences, 46, 156
spending more time, 46, 47, 125
Children, Apollonian references to, 78
Clocks, 9, , 25, 30–31
Community and Immunity, 137–138
Control society, 13, 26
Cooking and food preparation,
46Covid-19 pandemic,
4–5, 10, 17, 20, 24, 104, 115–116, 151, 156–157

Craft
crafternoons, 146–149
doing crochet, 147–148
dressmaking, 143–144
making time for, 142
space, 141–142
teaching crochet, 7, 8, 142, 145–148
Critical Horology, 25–26, 30

Dasein, 24
De-territorialisation, 85
Distraction, 20, 77, 108, 144
Domestic
blurring with public or work space,
94, 116
space, 98–99, 157

Emotions of family life, 120–121
Endurance, 17, 156
Entrepreneurship, 13, 105
Ethnicity, 70n26, 125, 146n47, 156
European Commission Time Use Harmonisation Study, 34
Events and non-events, 19, 81
Exhaustion, 13, 116, 122–124, 134
Experience economy, 135

Family
families we live by, 10, 19, 120–125
families we live with, 125–131
holidays, 113
pets, 59, 98
practices, 117–118
roles, 113–114, 117
routines, 126–127
Family-friendly policies, 114
Feminist theory, 17, 101, 138
Flow
activities, 139–142
autotelic personality, 140
experience sample method, 139
experiencing flow, 139–140
and the self, 140–141
Forest bathing, 135–136, 138
Four-day week, 154–155
Four-hour week, 93
Freedom
me-time, 10, 133–135
positive and negative, 135–136
Friends, 78, 117, 149
Futures, 153–155
Gender
identities, 53, 57, 70, 72, 79
inequalities, 17, 46, 155
norms, 73, 77–81
Getting Things Done, 9, 67, 79, 82, 85–86, 103
Global capitalism, 16–17, 19, 94, 95
Guilt, 122–124
Habit
changing habits, 87, 154
thinking habits, 18–19, 104
Happiness, 138–139
Health and social care, 5, 103
Hot or hotel-desking, 85, 157
Household
co-ordinating household members, 130, 152–153
distribution of activities, 15, 46
Impropriety, 93
Income Inequality, 93
Individualism
choice and self-biography, 13
decline of institutional schedules, 12, 58
social change, 15, 152
Interdependency, 4, 11, 19, 22, 26, 95, 110
International Association for Time Use Research, 48
Lateness, 31, 129
Leisure
in past time, 20
relationship with freedom, 135–136
study of, 48
theory of leisure class, 92
Libraries, 109, 110
Life-course, 5, 54
Lifestyle, 22, 32, 66, 82, 93
Mass observation archive (MOA), 6, (see also One-day diaries)
2017 Autumn Directive, 50–58, 94–100
Mealtimes
breakfast, 52, 59, 100, 107, 130
evening meal, 57, 99
lunchtime, 57, , 58, 97, 100
Means and ends, 83–84, 139
Methodology
autoethnography, 8, 143–145
content analysis, 7, 72
narrative method, 7, 96, 119–120
repurposing data, 6, 120
sampling, 70
secondary data analysis, 6
Mind and body dualism, 18
Molecular lines, 13, 85
Moral economy, 91–94
Networks, 11, 12, 22, 94, 102, 110, 115
Newcastle-upon Tyne, UK, 89
Nostalgia, 22
One-day diaries
distribution of time-points, 55–58
diurnal rhythms, 55–56
structure of, 51–54
Organisations
diversity of, 95
hierarchal management, 85–86, 102
horizontal management, 85–86
spatial arrangement, 95
Outsourcing, 77–78, 93
Pace of life, 11, 14, 16, 20, 22, 48–49
Phenomenology
direction of time, 24
synthesis of past, present future, 22–25, 84
Philosophy, 65
Politics of time, 15–16, 24–25, 86
Post-structuralism, 11
Power-chronography, 16n26, 94
Pragmatism, 83–84
Precarity, 116
Procrastination, 107, 147–148
Productivity 4, 17, 33, 69, 74, 81–84, 93, 101, 102, 106, 117, 154–155
Protestant Ethic and Spirit of Capitalism, 91–92
Reflective modernity, 102
Relationships
intimate and family, 1–2, 119, 128, 130
social disembedding of, 115
at work, 99, 125
Repetition, 31, 92, 100, 110, 120, 128, 130, 132, 145, 144
Responsibility
conflicting, 101
delegation of, 12, 90, 101, 115, 152, 157
for others, 144–145
for ourselves, 68, 69, 77
reciprocity, 137
Rhythm
analysis, 32, 49–50
circular, 50, 54
linear, 9, 50, 55–56, 148
Routines
afternoon/evening, 55–56
domestic, 33–34, 113–114, 131
morning, 59, 82, 107, 130
at work, 60–61
writing routines, 107–108
Scientific management, 34
Self-discipline, 81, 110
Self-employment, 105
Self-help
history of, 67
self-help for women, 70
self-improvement, 67–68
Self-help books on time management
aesthetics, 73–75
authenticity, 75–77
gender norms, 77–81
Shopping, 126
Social acceleration, 8, 11, 14, 46
Social and cultural change, 15, 21, 22, 48, 64, 91, 111, 138, 152
Social class, 68, 70n26 115–116
Social practices, 5, 18
Sorry We Missed You, 89–91
Speed, 14–15, 22, 26, 69, 103, 111
Sydney, Australia, 117
Technological determinism, 22
Technology
digital devices, 66, 85, 99, 131
social change, 11, 14, 27
social norms in use of, 115
of the self, 136
Teleology and non-teleology, 72, 84, 141
The Clock, 9, 29–32, 47, 50, 54, 56, 58
The Guardian Newspaper
A Writer’s Day, 106–110
Tickler file, 83–84
Time
authenticity, 24
being on time, 103–104
boundaries, 94, 98
control over, 104–105
cultural differences, 31
exploitation, 16, 21, 32, 93, 94
family, 113–132
morality, 134–135
recalibration, 111
telling the time, 54–55
wasting, 148–149
Time experience, objective and
subjective, 16, 25, 31, 47–48
Time geography, 49
Time management
  individual strategies, 81–82
  managing space and other people, 84–86
Time planners
  aesthetics, 66
  history of, 65
Time pressure
  co-ordination with other people, 100, 103, 123
  individual use, 51, 95
  trends over time, 20, 46–48
  use of technology, 131
  at work, 100–104
  work extension, 46
Time tracking, 60–63
Time use data (see also American Time Use Survey)
  gender differences in time use, 44
  history of, 32–35
  scoping study of, 35–47
  trends over time, 35–47
  in USA, 32–35
  in USSR, 32–35
Time-motion study, 34
Time-space, 9, 13, 90
Time-space compression, 14
Times Square, 11, 157
Timescapes Archive
  work and family lives study, 114
Timing
  significance of, 9, 25–26
  synchronization, 49–50
  24 hour society, 15, 32, 133, 150
Unfairness, 93–94
Waiting, 16n28, 17, 86, 147–148
Weekends, 113, 125–126
Well-being, 135–6, 135n12, 138, 141–142, 142n37, 68
White Rabbit, 1–5, 73, 157
Women’s paid employment
  in 19th and early 20th centuries, 20–21
  trends over time, 53
Work
  colleagues, 2, 96, 98, 99, 101–104
  creative, 106, 112
  cultural history of, 91–92
  ethics, 92
  diversity of, 94
  moral outcomes of, 94
  paid and unpaid work, 46
  project work, 102–103
  space, 9, 84–86, 103–104, 108–110, 116–117
  starting and finishing, 63
  working at home, 104–105, 99–100, 157
  working for oneself, 105–110
  writing as work, 94
Work-discipline, 21, 92
Work-life balance (WLB), 114–118
  being and not being in balance, 114–116
  changes over time, 115
  flexibility, 115
  individualization, 115
  relevance of financial constraints, 118
  retrospective, 124–125
  rhythms, 117
Workaholics, 106
Yukashima, Japan, 136