

When people find out I write about time , they assume two things. One is that I'm always on time, and I'm not. I have four small children, and I would like to them for my , but sometimes it's just not their fault. I was once late to my own speech on time management.

We all had to just take a moment together and savor that irony.

The second thing they is that I have lots of tips and tricks for saving bits of time here and there. Sometimes I'll hear from magazines that are doing a story along these lines, on how to help their readers find an extra hour in the day. And the idea is that we'll shave bits of time off everyday , add it up, and we'll have time for the good . I question the entire premise of this piece, but I'm always interested in hearing what they've me. Some of my favorites: doing where you only have to make right-hand turns --

Being extremely judicious in usage: it says three to three-and-a-half minutes on the package, we're totally getting in on the bottom side of that. And my personal favorite, which makes sense on some level, is to DVR your favorite shows so you can fast-forward through the . That way, you save eight minutes every half hour, so in the course of two hours of watching TV, you find 32 minutes to exercise.

Which is true. You know another way to find 32 minutes to ? Don't watch two hours of TV a day, right?