



# Rhythms of the Week: And Other Explorations of Time

*Wolfgang Held*

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The week has a remarkable rhythm that does not fit exactly with either the month or the year, yet most of humanity keeps faith with it. Why did the seven-day week triumph over other ways of subdividing the month in ancient times? The answer, as Wolfgang Held shows, is rooted in the human being. The human soul resonates from day to day in seven differing moods. Deepening our understanding of the characteristic weekly rhythm can give us strength and inspiration in the way we live our lives. Wolfgang Held goes on to discuss further rhythms at work in our lives — from the briefest moments to the seasons of the year — and explains ways in which our bodies influence our sense of time. This practical and inspirational book offers us fascinating insights into how we can develop our potential through a conscious relationship with time.

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