

“Lisa Broderick’s *All the Time in the World* weaves a bridge between the realm of consciousness and the material world.”

—Bruce Lipton, PhD

author of *New York Times* bestseller *The Biology of Belief*

ALL the TIME in THE WORLD

Learn to Control Your Experience of Time to Live a Life Without Limitations

by Lisa Broderick

Foreword by don Miguel Ruiz

On Sale Oct 26, 2021

What if you could control time? Slow the ticking of the clock, and have the hours, minutes and years of your life to work for you instead of against you?

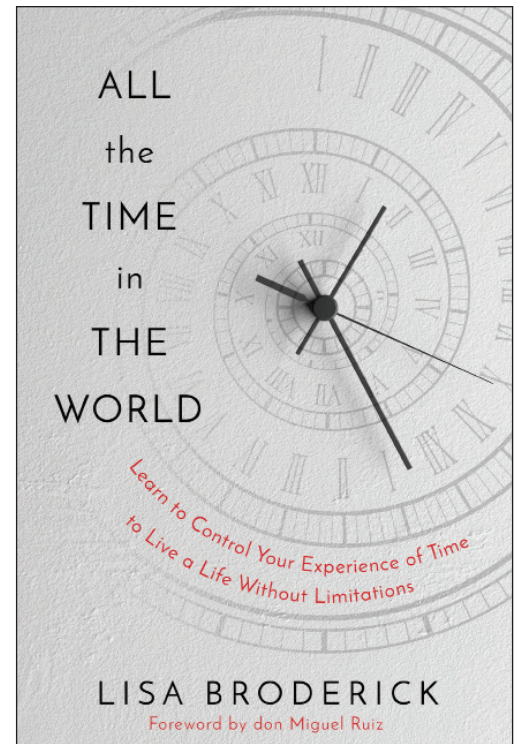
Time is something that none of us can escape, yet few of us completely understand. In her new book **ALL THE TIME IN THE WORLD: Learn to Control Your Experience of Time to Live a Life Without Limitations** (Sounds True Hardcover, on sale October 26, 2021), Lisa Broderick breaks down the science behind the human construct of time, and teaches readers how to use time in their own lives to increase productivity, satisfaction and even joy.

Broderick begins by explaining the physics, metaphysics and psychology of time, referencing real-world cases and scientific studies. The construct of time, she argues, is one part physical and one part perception, and she breaks down the science behind both. By controlling our perceptions, we have the power to control time.

This state, which she calls “focused perception,” is the key to manipulating our construct of time, and in the second part of the book, she shows the reader how to build on this practice to achieve control of their own clock. Readers will learn how to:

- **Visualize their future to achieve their desires**
- Deal with old wounds or traumas
- **Free themselves from worry and fear of the unknown**
- Stretch time and minimize wasted hours
- **Explore telepathy and transcendence**

Idea-rich, detailed and dense, this is a book you’ll want to keep on your nightstand to come back to time and again. With each exercise, readers will discover they are no longer victims of time but creators of their own experience, paving the way for personal transformation. “When we change our experience of time, we transcend time, and therefore master it,” Broderick writes. “When we master time, we master ourselves.”



About the Author:

Lisa Broderick earned a BA from Stanford University and an MBA from Duke. She is a Transcendental Meditation (TM) Sidha, attended the Monroe Institute for the exploration of expanded states of consciousness, and studied imagery and dream reading at the American Institute for Mental Imagery with noted author and teacher of Western spirituality Dr. Gerald Epstein for fifteen years. She currently runs a business consultancy based in New York City that helps socially conscious entrepreneurs manifest their creativity and energy. Learn more at lisabroderick.com.



Praise for *All The Time in The World*:

“**All the Time in the World** is a deep and profound exploration of who we really are and the limitless nature of our potential to create a miraculous life. Through courageously sharing her personal journey combined with her impeccable scientific research, Lisa pulls the curtain back on how we can joyfully and lovingly live in alignment with our true purpose. I highly recommend you read this book.”

—**Jack Canfield**, coauthor of #1 *New York Times* bestseller *Chicken Soup for the Soul*® and *The Success Principles*™; has sold over 500 million books worldwide

“**All the Time in the World** shows you how to have a life that’s beyond what you can imagine. Anyone can benefit from the powerful insights offered in this book.”

—**Debra Poneman**, award-winning speaker, bestselling author, sought-after seminar leader, talk show host, and in-demand media guest

“One of the most profound revelations offered by the founders of quantum physics is that the material world is an illusion derived from our conscious mind, which physicists refer to as the observer effect. Integrating personal experiences and experiments in consciousness with frontier physics research on the observer effect, Lisa Broderick’s **All the Time in the World** weaves a bridge between the realm of consciousness and the material world. Broderick’s assessment of the observer effect offers a path by which thoughts, emotions, and actions shape our perceived reality. Knowledge is power. The knowledge offered in **All the Time in the World** provides for self-empowerment, an opportunity to become the creator of your world and not a victim of your fate.”

—**Bruce H. Lipton, PhD**, prominent medical expert, author of *New York Times* bestseller *The Biology of Belief*, recipient of the 2009 Goi Peace Award, and distinguished researcher emeritus, Stanford University School of Medicine

“This is a book about learning to be present in your own moment. Lisa Broderick focuses the light of modern science, especially quantum physics, on her personal near-death experience to illuminate important ideas about being the best you can be. Her mission is to coach people to get there without the extreme of going to the edge.”

—**Roger Nelson, PhD**, prominent scientist, professor emeritus, and coordinator of research at the Princeton Engineering Anomalies Research (PEAR) laboratory at Princeton University

“This is an intriguing, intelligent, and important book. Its interweave of spirituality and science is breathtaking, convincing—and accessible. The narrative would under any circumstances push the reader forward to think about things he or she had maybe wondered about or maybe not, but from page one is eager to learn and understand. It is also timely in its importance, however, and significant especially for the now in which we find ourselves: as our species seems so mired in fear, from Washington, DC, to Tel Aviv and Ankara, to Beijing, Ms. Broderick’s words unfold as a palliative, offering hope with both an intellectual and an emotional and psychological grip to it.”

—**Ori Z. Soltes, PhD**, professor of theology and fine arts at Georgetown University; recognized expert on the world’s religions; author of over 130 articles, essays, and books; and director and narrator of 30 documentary videos

“This profound book is nothing short of your owner’s manual for consciousness. If you are ready for healing and awakening, Lisa provides the map, tools, and protocol to open your heart and help you remember who you really are. This will change not only your life but who you are at a deep level. From here, true transformation can occur and you can accomplish anything.”

—**Marcia Wieder**, prominent transformation speaker, author, and CEO of Dream University®, who has appeared on *The Oprah Winfrey Show* and the *Today Show* several times to share her message of a “passion-filled life” with millions of followers



“**All the Time in the World** is a guide for shifting consciousness, which, along with so many valuable tools in the world, can have as great an impact on you as on the leaders of the future!”

—**Marshall Goldsmith, PhD**, *Harvard Business Review*'s #1, CEO coach, and the author of several *New York Times* bestselling books

“This book must be read by anyone who has ever wondered about the meaning of a dream, an intuition, or Life itself.”

—**Scott Gerson, MD, PhD**, clinical assistant professor, New York Medical College

“Lisa Broderick has done an outstanding job of bringing together the wisdom of worldwide spiritual thought with an in-depth understanding of the newer quantum physics worldview. She uses these sources to explain and understand some of her very unusual experiences, which helps us to see that we may all have unlimited potential that we have not even considered. An outstanding read!”

—**Henry Grayson, PhD**, prominent psychological expert, founder of the National Institute for the Psychotherapies, and the author of *Mindful Loving* and *Your Power to Heal*

“Lisa Broderick has given us an amazing perspective on the interplay between time and space, and an alternate reality. Her stories will certainly prompt thoughtful people to reconsider what is known and might be knowable in science, and indeed knowable by any human being.”

—**George M. White, PhD**, professor of entrepreneurship at Carnegie Mellon University and distinguished researcher emeritus, Stanford University

“A great read. It's perceptive, filled with wit, wisdom, and humor. **All the Time in the World** aggregates a lot of information from different disciplines into one understandable book. It's like a Hogwarts manual for modern times.”

—**David Sanborn**, prominent entertainer who has released 24 albums, won six Grammy Awards®, earned eight gold albums and one platinum album, and sold over 100 million records in his career

“**All the Time in the World** is a skillfully written, carefully researched book that will motivate readers to examine the depths of their own human experience and better understand what happens as their spirituality develops beyond the physical dimension.”

—**William Buhlman**, foremost expert in the world on out-of-body travel, author of *Adventures Beyond the Body*, and instructor at the world-famous Monroe Institute



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