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Nota di contenuto	Foreword: Reflections on the Beginning of Time... Perspective; Christina Maslach -- Acknowledgement: The Life and Time of Philip Zimbardo; John N. Boyd -- Chapter 1: Time Perspective Theory: The Introduction; Maciej Stolarski, Nicolas Fieulaine and Wessel van Beek -- PART I -- Chapter 2: Putting Time in Perspective: A Valid, Reliable Individual Differences Metric; Philip G. Zimbardo and John N. Boyd -- Chapter 3: Assessing Temporal Harmony: The Issue of a Balanced Time Perspective; Maciej Stolarski, Britt Wiberg and Evgeny Osin -- Chapter 4: Time Perspective and Transcendental Future Thinking; Wessel van Beek and Antanas Kairys -- Chapter 5: Broadening the TP Profile: Future Negative Time Perspective; Maria Grazia Carelli, Britt Wiberg and Elisabeth Åström -- Chapter 6: Time Perspective and

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Sommario/riassunto

This book is about time and its powerful influence on our personal and collective daily life. It presents the most comprehensive and up-to-date overview of contemporary knowledge on temporal psychology inspired by Zimbardo's work on Time Perspective (TP). With contributions from renowned and promising researchers from all over the globe, and at the

interface of social, personality, cognitive and clinical psychology, the handbook captures the breadth and depth of the field of psychological time. Time perspective, as the way people construe the past, the present and the future, is conceived and presented not only as one of the most influential dimensions in our psychological life leading to self-impairing behaviors, but also as a facet of our person that can be de-biased and supportive for well-being and happiness. Written in honor of Philip G. Zimbardo on his 80th birthday and in acknowledgement of his leading role in the field, the book contains illustrations of the countless studies and applications that his theory has stimulated, and captures the theoretical, methodological and practical pathways he opened by his prolific research.
