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Nota di contenuto	Cover; Title Page; About Yuan Yue; About Zhang Jun; Have a Look at Yourself in the Past; First Foreword to the Chinese Edition; Second Foreword to the Chinese Edition; Table of Contents; Chapter One: The Tightly Wound Up Lives of Chinese; Popular fast-food meals; Super-busy express delivery services; In-your-face trendiness; The work day which never ends; Women who are afraid to become mothers; The elderly who never retire; Health: Neglecting it on one side, buying health products on the other; Chapter Two: The Chinese Struggle for Success Struggling for success in another place away from homeThe floating population in the cities; The changing capital in the job market; Migrant labor workers: I want to disappear into the city; Staying at home when everyone else is moving; The moving elderly: the falling leaves which can't find their roots; Autos: Adding color to the struggle for success; After the struggle: please give me some peace!; Chapter Three: The Chinese Who Can't Wait; Education should start early, the early years fade quickly; Buying a home: starting at graduation Retirement: The dream which begins when they start their careerInvesting: Accelerated joy and worry; Chapter Four: The Chinese Who Take Down Barriers; The Relationship Between the Sexes: From

Clearly Defined Roles to Complementary Roles; Love and marriage have become a game; Home responsibilities: From each having his/her own responsibility, to fighting together shoulder to shoulder; Power in the household: No big or small; From the old taking care of the young to the young who are never weaned; From having a child to care for one's own old age, to society taking care of the old

The workplace: Time is a butcher's knife; Chapter Five: The Chinese Who Stay within Their Confines; Always choosing a "human companion"; Old wine in a new bottle, the search for a marriage partner never ends; Marriage assets enter the contract age; For a couple, anything can be discussed; From one-child policy to planning a family; From several generations in one home, to the distance of a bowl of soup; Work is finding the right battlefield; Chapter Six: The Chinese in Full Bloom; When online purchases become a habit; Consumer credit: Enjoying life earlier

Shanzhai: A shortcut between classes; Consuming fractured time: boredom brings business opportunities; Vacation consumerism: Taking the heart to enjoy the scenery; The rise of the new consumers: COM; Chapter Seven: The Chinese Trapped in the Internet; In the Internet, we are all Spiderman; The blurred line between the virtual world and reality; Games on the Internet: Mixing reality and fantasy; The information moat becomes a highway; The diseased ones are us, not the Internet; Afterword: Using Details to Show the Change in Living, Using Data to Reflect the Changes
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