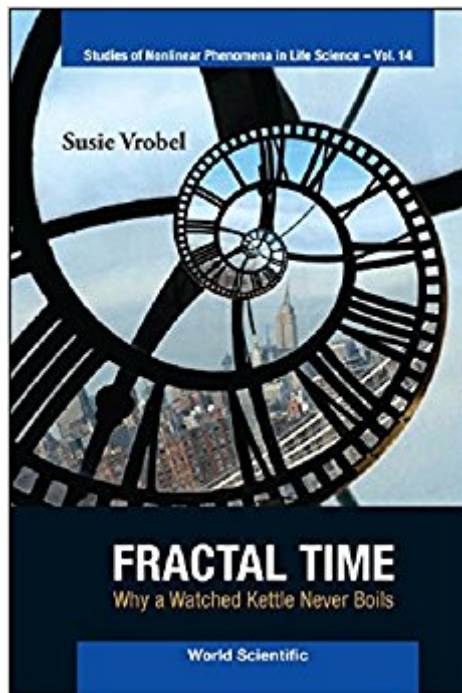




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# Fractal Time: Why A Watched Kettle Never Boils (Studies Of Nonlinear Phenomena In Life Science)



## Synopsis

This book provides an interdisciplinary introduction to the notion of fractal time, starting from scratch with a philosophical and perceptual puzzle. How subjective duration varies, depending on the way we embed current content into contexts, is explained. The complexity of our temporal perspective depends on the number of nestings performed, i.e. on the number of contexts taken into account. This temporal contextualization is described against the background of the notion of fractal time. Our temporal interface, the Now, is portrayed as a fractal structure which arises from the distribution of content and contexts in two dimensions: the length and the depth of time. The leitmotif of the book is the notion of simultaneity, which determines the temporal structure of our interfaces. Recent research results are described which present and discuss a number of distorted temporal perspectives. It is suggested that dynamical diseases arise from unsuccessful nesting attempts, i.e. from failed contextualization. Successful nesting, by contrast, manifests itself in a "win-win handshake" between the observer-participant and his chosen context. The answer as to why a watched kettle never boils has repercussions in many a discipline. It would be of immense interest to anyone who works in the fields of cognitive and complexity sciences, psychology and the neurosciences, social medicine, philosophy and the arts.

## Book Information

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Excelente libro, vale la pena leerlo

As a lay reader, unused to the thinking and terminology of fractal specialists, I approached Ms Vrobel's work with some trepidation. But, from the start (a credible account of why time slows down in real-life situations), I found the author's explanations accessible and her examples illuminating. I recommend the work to anyone seeking a populist explanation of the nature of time duration, of the 'Now' and of mental nesting. The theme of simultaneity is consistently pursued throughout the book. Illustrations are invariably to the point & succinct aids to understanding. I was particularly taken by the chapter on temporal binding. I recommend to fellow lay readers Ms Vrobel's persuasive treatment of the concept of mindfulness and of fractalophilia. The Appendices are strong feature of the book, containing contributions from G.N. Ord (on fractal spacetime), Laurent Nottale (on scale relativity and fractal spacetime), followed by Mohamed El Naschie's outline of Cantorian spacetime theory. Given its wide-ranging coverage of the perceptual character of fractal time, I would suggest the book could become an important tool in the field of social and psychological therapy. From my lay perspective, I should add that the author's style is easy to follow. I enjoyed reading 'Fractal Time' and happily recommend it.

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