Contents

Time Perspective Theory: The Introduction ........................................ 1
Maciej Stolarski, Nicolas Fieulaine, and Wessel van Beek

Part I Theory, Measurement, and Development of Time Perspective

Putting Time in Perspective: A Valid, Reliable Individual-Differences Metric .................................................. 17
Philip G. Zimbardo and John N. Boyd

Assessing Temporal Harmony: The Issue of a Balanced Time Perspective ...................................................... 57
Maciej Stolarski, Britt Wiberg, and Evgeny Osin

Time Perspective and Transcendental Future Thinking ..................... 73
Wessel van Beek and Antanas Kairys

Broadening the TP Profile: Future Negative Time Perspective .......... 87
Maria Grazia Carelli, Britt Wiberg, and Elisabeth Aström

Time Perspective and Personality .................................................. 99
Antanas Kairys and Audrone Liniauskaite

The Past, the Present, and the Future: A Conceptual Model of Time Perspective in Adolescence ................................. 115
Zena R. Mello and Frank C. Worrell

Learning and Future Time Perspective: The Promise of the Future – Rewarding in the Present .............................. 131
Jenefer Husman, Sarah K. Brem, Sara Banegas, Daniel W. Duchrow, and Shanjeedul Haque

From Time Perspective to Psychological Distance (and Back) .......... 143
Sam J. Maglio, Yaacov Trope, and Nira Liberman
**Part II  Evolutionary, Cultural, and Social Context of Time Perspective**

**The Evolved Psychology of Time Perspective**
Curtis S. Dunkel and Daniel J. Kruger

**Time Perspective Profiles of Cultures**
Anna Sircova, Fons J.R. van de Vijver, Evgeny Osin, Taciano L. Milfont, Nicolas Fieulaine, Altinay Kislali-Erginbilgic, and Philip G. Zimbardo and 54 members of the International Time Perspective Research Project

**Keeping Time**
Robert V. Levine

**The Sankofa Effect: Divergent Effects of Thinking About the Past for Blacks and Whites**
James M. Jones and Jordan B. Leitner

**Precariousness as a Time Horizon: How Poverty and Social Insecurity Shape Individuals’ Time Perspectives**
Nicolas Fieulaine and Thémis Apostolidis

**Part III  Cognitive, Emotional, and Motivational Processes in Time Perspective**

**Neural Correlates of Time Perspective**
Maria Grazia Carelli and Carl-Johan Olsson

**Cognitive Processes in Time Perspective**
Marcin Zajenkowski, Maria Grazia Carelli, and Maria Ledzińska

**Differences in Time Perspective Predict Differences in Future Simulations**
Kathleen M. Arnold and Karl K. Szpunar

**Emotional Processes in Development and Dynamics of Individual Time Perspective**
Gerald Matthews and Maciej Stolarski

**The Motivational Properties of Future Time Perspective**
Rachel Seginer and Willy Lens

**More Time to Procrastinators: The Role of Time Perspective**
Juan Francisco Díaz-Morales and Joseph R. Ferrari

**Goals Need Time Perspective to Be Achieved**
Zbigniew Zaleski and Aneta Przepiórka
Part IV  Non-clinical Applications of Time Perspective

Time Perspective as a Predictor of Healthy Behaviors and Disease-Mediating States ......................................................... 339
Peter A. Hall, Geoffrey T. Fong, and Genevieve Sansone

Time Perspective in Consumer Behavior ........................................ 353
Martina Klicperová-Baker, Jaroslav Koštál, and Jiří Vinopal

Understanding Environmental Issues with Temporal Lenses: Issues of Temporality and Individual Differences ..................... 371
Taciano L. Milfont and Christophe Demarque

Time and the Misfits: Temporal Framing and Priming in Persuasive Communication ......................................................... 385
Frédéric Martinez and Nicolas Fieulaine

Time Perspectives and Subjective Well-Being: A Dual-Pathway Framework ................................................................. 403
Kerry F. Cunningham, Jia Wei Zhang, and Ryan T. Howell

Part V  Clinical Applications of Time Perspective

Time Perspective and Social Relations: A Stress and Coping Perspective ................................................................. 419
E. Alison Holman

Time Perspective and Positive Aging .................................................. 437
Pio Enrico Ricci Bitti, Manuela Zambianchi, and Joanna Bitner

Time Perspective Coaching ............................................................ 451
Ilona Boniwell and Evgeny Osin

Friend or Foe? Escape from Death, or Death as an Escape? .......... 471
Wessel van Beek and Ksenia Chistopolskaya

Time Perspective Therapy: Transforming Zimbardo’s Temporal Theory into Clinical Practice ............................................. 481
Richard M. Sword, Rosemary K.M. Sword, and Sarah R. Brunskill

The Uncharted Territory: Time Perspective Research Meets Clinical Practice. Temporal Focus in Psychotherapy Across Adulthood and Old Age ................................................................. 499
Elena Kazakina

Afterword .................................................................................. 517

Appendix .................................................................................. 521

Index ..................................................................................... 545
Time Perspective Theory: Review, Research and Application
Essays in Honor of Philip G. Zimbardo
Stolarski, M.; Fieulaine, N.; van Beek, W. (Eds.)
2015, XXVI, 551 p. 36 illus., 10 illus. in color., Hardcover
ISBN: 978-3-319-07367-5