

# How to fight 'time famine' and boost your happiness

July 27, 2017

**CNN:**

Ashley Whillans' summer started with what she calls "time famine."

Time famine, a term that first emerged in the scientific literature around 1999, refers to the universal feeling of having too much to do but not enough time to deal with those demands.

After earning her doctorate degree in social psychology at the University of British Columbia in Canada, Whillans was offered a coveted assistant professorship at Harvard Business School. Last month, Whillans and her husband uprooted to Cambridge, Massachusetts, in the United States — and it was overwhelming, she said.

...

"I think our research actually flies in the face of the preconception that time-saving services are just for rich people," said Elizabeth Dunn, professor of psychology at the University of British Columbia and a co-author of the study.

Read the whole story: [CNN](#)