

# THIS BOOK IS FROM THE FUTURE

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## BOOK SUMMARY



We have mastered traveling through space, but time eludes us. Not a person exists who doesn't wish to go back in time to the past or shoot forward into the future to see what may unfold. Time eludes us, for we are trapped by the arrow of past, present and future in an order that appears fixed and unchangeable. Yet...is it really fixed and unchangeable, or is it just a matter of how our brains have been trained to perceive time?

This book looks first at the enigma of time itself...how little we truly know about linear time and how it has actually changed over the course of scientific knowledge and evolution. Time is not what we originally thought it would be, and as new discoveries point to a much less fixed concept of time, we very well may one day be able to control the clock the way we control our spatial location. We may, in fact, be able to travel through time.

From the earliest ideas and imaginings of science fiction authors and visionaries to the most cutting edge research into the behavior of particles and the cosmic constants that constrain time travel, we explore how close we have come from Einstein's time dilation and relativity theories to a world of potential wormholes, parallel universes, additional spatial and temporal dimensions, the Multiverse and even bizarre particles that seem to exceed the speed of light, and open new doors to one day walking the landscape of time as we once walked upon the moon.

Yet what are the problems and challenges and paradoxes we face from the known laws of physics that keep us from already going back to the past, and forward to the future? Can the newest theories in speculative and quantum physics overcome these paradoxes? Only time, pun intended, will tell. We examine those troubling paradoxes and the research physicists hope will one day make them obsolete.

And yet...we may already be time traveling, in a form of "mental time travel" that occurs in a variety of enigmatic ways from déjà vu to remote viewing, precognitive

dreams to out of body travel, apportioning to time slips and time shifts. Time travel does not always have to be physical to be real, and we look at a number of more “paranormal” aspects of overcoming temporal boundaries that may be occurring to each and every one of us. And we look at the most fascinating claims of those who already claim to be time travelers...here from some distant past or far-off future to guide us, warn us...or just plain fool us.

This book will be a mesmerizing journey exploring the entire landscape of time and time travel evolution. Where we started. Where we now stand. What the future holds for us to discover, out there...somewhere...in time.