



Oliver Burkeman

AUTHOR · JOURNALIST

Productivity expert, journalist and author of Sunday Times bestseller *Four Thousand Weeks: Time Management for Mortals*



About:

- **Gender:** Male
- **Nationality:** United Kingdom
- **Languages:** English
- **Travels from:** United Kingdom

Engagement Types:

- Speaking

Topics:

- Motivation and Inspiration

Biography Highlights

- Author of *Four Thousand Weeks*, a New York Times bestseller on time and purpose.
- Former Guardian columnist known for *This Column Will Change Your Life*.
- Featured in *The New York Times*, *Wall Street Journal*, and on BBC Radio 4.

Biography

Oliver Burkeman is a best-selling author and keynote speaker. His books include *Four Thousand Week: Time Management for Mortals* [Penguin Vintage, 2021] and *Meditations for Mortals: Four Weeks to Embrace Your Limitations and Make Time for What Counts*, [Bodley Head, 2024] as well as *The Antidote: Happiness for People Who Can't Stand Positive Thinking* [Penguin Vintage, 2012] and *Help! How to Become Slightly Happier and Get a Bit More Done* [Penguin Vintage, 2011].

For many years Oliver wrote a popular weekly column on psychology for the Guardian, *This Column Will Change Your Life*. His work has also appeared in the *New York Times*, *Wall Street Journal*, *Psychologies* and *New Philosopher*. He has a devoted following for his writing on productivity, mortality, the power of limits, and building a meaningful life in an age of bewilderment. He has also presented a number of

programmes for BBC Radio 4, including Oliver Burkeman is Busy, Why Are We So Angry? and Living with the News.

Four Thousand Weeks - the title is a reference to the average lifespan of a human - is a New York Times bestseller and was named one of the best books of 2021 by the Financial Times, The Times, The Observer, Audible, Time and Barnes & Noble. In it, Oliver explores why the central challenge of time management isn't becoming more efficient, but deciding what to neglect; why, in an accelerating world, patience is a superpower and why, in conditions of limitless choice, burning your bridges beats keeping your options open. In Meditations for Mortals, Oliver offers a four-week 'retreat of the mind', offering perspective shifts and practical tools for confronting our limited time, the challenges of prioritization and the lure of distraction, in order to cross the gap from knowing to doing and take action on what counts.

Oliver's Topics

Four thousand weeks - time and how to use it.

What is happiness and how to break free from hyper optimism.

How to navigate the productivity and wellness quandary.

Speaker Bureaus And Talent Agencies

Oliver Burkeman is available to book via these agencies

✔ **Recommended**



Speaking Agency



Speaking Agency