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# Time Pivot

Understanding the True Value of Your Time in an AI-Driven World

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## TITLE

Time Pivot: Understanding the value of your time in an AI-driven world.

## AUTHOR

Krystle Gasher

## GENRE

Nonfiction · Culture & Philosophy, Psychology

## TENTATIVE RELEASE

Fall 2026

## AUDIENCE

Burned-out professionals, millennials in transition, creators, and thoughtful entrepreneurs rebuilding after burnout, career collapse, or quiet disillusionment with success.

## COMPARABLE VOICES

Cal Newport, Oliver Burkeman, David Brooks — with a generational, cultural lens.

## SYNOPSIS

Artificial intelligence is breaking the equation that has shaped human work for centuries: time traded for money. The less time required to produce value, the more valuable time itself becomes.

Part memoir, part cultural framework, Time Pivot weaves Krystle's own pivot with a wider examination of the psychological and spiritual cost of modern life, and a framework for those willing to move from drifting to direction.

## KEY THEMES

Consciousness & Attention · Faith & Clarity · Identity Before Income · Direction Over Drift · The Psychological Cost of Modern Life

## CONTACT

For manuscript samples, interview requests, advance reading copies, and partnership inquiries, visit [timepivotbook.com/contact](http://timepivotbook.com/contact).