

Boredom A Lively History Peter Toohey

With wit, clarity, and an eye for offbeat cultural indicators, Janeway examines the full complex of forces that have corroded our press, politics, and public life.

Usually when we're bored, we try to distract ourselves. But soon enough, boredom returns. James Danckert and John Eastwood argue that we can learn to handle boredom more effectively by recognizing what research shows: boredom indicates unmet psychological needs. Boredom, therefore, can motivate us to change what isn't working in our lives.

The agents at the IRS Regional Examination Center in Peoria, Illinois, appear ordinary enough to newly arrived trainee David Foster Wallace. But as he immerses himself in a routine so tedious and repetitive that new employees receive boredom-survival training, he learns of the extraordinary variety of personalities drawn to this strange calling. And he has arrived at a moment when forces within the IRS are plotting to eliminate even what little humanity and dignity the work still has. The Pale King remained unfinished at the time of David Foster Wallace's death, but it is a deeply compelling and satisfying novel, hilarious and fearless and as original as anything Wallace ever undertook. It grapples directly with ultimate questions--questions of life's meaning and of the value of work and society--through characters imagined with the interior force and generosity that were Wallace's unique gifts. Along the way it suggests a new idea of heroism and commands infinite respect for one of the most daring writers of our time.

What do you do when you're not asleep and when you're not eating? You're most likely waiting--to finish work, to get home, or maybe even to be seen by your doctor. Hold On is less about how to manage all that "staying where one is until a particular time or event" (OED) than it is about describing how we experience waiting. Waiting can embrace things like hesitation and curiosity, dithering and procrastination, hunting and being hunted, fearing and being feared, dread and illness, courting and parenting, anticipation and excitement, curiosity, listening to and even performing music, being religious, being happy or unhappy, being bored and being boring. They're all explored here. Waiting is also characterized by brain chemicals such as serotonin and dopamine. They can radically alter the way we register the passing of time. Waiting is also the experience that may characterize most interpersonal relations--mismanage it at your own risk. Hold On contains advice on how to cope with waiting-how to live better-but its main aim is to show how important the experience of waiting is, in popular and highbrow culture, and, sometimes, in history. Detouring into psychology, neurology, ethology, philosophy, film, literature, and especially art, Peter Toohey's illuminates in unexpected ways one of the most common of human experiences. After reading his book, you'll never wait the same way again.

The True Story of the Jamaican Slave Who Became Samuel Johnson's Heir

The Culture of Boredom

Exploring Happiness

The Pale King

The Life, Science, and Art of Waiting

Why Boredom Is Essential to Creating a Meaningful Life

Antimony, Gold, and Jupiter's Wolf

Culture of Boredom is a collection of essays by well-known specialists reflecting from philosophical, literary, and artistic perspectives. The goal is to clarify the background of boredom, and to explore its representation through forgotten cross-cutting narratives.

The basis for Stanley Kubrick's masterpiece, Dr. Strangelove: A chilling Cold War thriller in which unchecked power unleashes total nuclear disaster. Air Force Brigadier General Quinten is a dying man suffering from the paranoid delusion that he can make the world a better place by ordering a full-scale nuclear attack on the Soviet Union. Receiving word of the attack already underway, the president of the United States and his advisors now must work frantically to stop it. The US bombers are to be shot down—but a lone bomber called the "Alabama Angel" escapes and flies on to complete its lunatic mission, ignoring the president's orders. A ghastly and chilling vision of what might happen when profound and deadly power is put into the wrong hands, this classic thriller continues to serve as a warning in today's tumultuous political climate.

Profiles the Jewish-American baseball player who, in 1934, risked his chance to beat Babe Ruth's home run record by sitting out a game on Yom Kippur, and describes his impact on Jewish-American history.

Ethnography has much to offer teachers, especially at a time of growing interest in the 'teacher-researcher' and in 'action' and 'collaborative' research.

Repetition

Close Encounters with Addiction

How Spacing Out Can Unlock Your Most Productive and Creative Self

How Boredom, Frustration, and Anticipation Lead Us to the Good Life

Ethnography in Schools

Ibsen's Hedda Gabler

The Upside (and Downside) of Downtime

Since its publication in 1890, Ibsen's Hedda Gabler has been a recurring point of fascination for readers, theater audiences, and artists alike. Newly married, yet utterly bored, the character of Hedda Gabler evokes reflection on beauty, love, passion, death, nihilism, identity, and a host of other topics of an existential nature. It is no surprise that Ibsen's work has gained the attention of philosophically-minded readers from Nietzsche, Lou Andreas-Salome, and Freud, to Adorno, Cavell, and beyond. Once staged at avant-garde theaters in Paris, London, and Berlin, Ibsen is now a global phenomenon. The enigmatic character of Hedda Gabler remains intriguing to ever-new generations of actors, audiences, and readers. Hedda Gabler occupies a privileged place in the history of European drama and as a work of literature, and, as this volume demonstrates, invites profound and worthwhile

philosophical questions. Through ten newly commissioned chapters, written by leading voices in the fields of drama studies, European philosophy, Scandinavian studies, and comparative literature, this volume brings out the philosophical resonances of Hedda Gabler in particular and Ibsen's drama more broadly.

In this ground-breaking new book, teacher, counsellor, and philosopher Mark Hawkins reveals a whole new understanding of boredom. Society teaches us that boredom is negative and something to be avoided. In this age of distraction, it is so easy to fill our boredom with work, activities, and quick entertainment. But avoiding boredom prevents us from using it to create a life full of meaning and purpose. Mark gets to the core of why boredom is the most powerful human emotion. Drawing from psychology, philosophy, and personal experiences, Mark shows us that boredom can be seen as spaces in time containing pure creative potential available for self and life transformation. Along the way, Mark provides a perspective of boredom that can sometimes be counter-intuitive. For example, why busy people may, in fact, be the most bored, and why filling your boredom with the wrong things can actually create more of it. It's time to stop distracting yourself from life and start living it.

Yearning for a life of leisure? In 24 chapters representing each hour of a typical working day, this book will coax out the loafer in even the most diligent and schedule-obsessed worker. From the founding editor of the celebrated magazine about the freedom and fine art of doing nothing, *The Idler*, comes not simply a book, but an antidote to our work-obsessed culture. In *How to Be Idle*, Hodgkinson presents his learned yet whimsical argument for a new, universal standard of living: being happy doing nothing. He covers a whole spectrum of issues affecting the modern idler—sleep, work, pleasure, relationships—bemoaning the cultural skepticism of idleness while reflecting on the writing of such famous apologists for it as Oscar Wilde, Robert Louis Stevenson, Dr. Johnson, and Nietzsche—all of whom have admitted to doing their very best work in bed. It's a well-known fact that Europeans spend fewer hours at work a week than Americans. So it's only befitting that one of them—the very clever, extremely engaging, and quite hilarious Tom Hodgkinson—should have the wittiest and most useful insights into the fun and nature of being idle. Following on the quirky, call-to-arms heels of the bestselling *Eat, Shoots and Leaves: The Zero Tolerance Approach to Punctuation* by Lynne Truss, *How to Be Idle* rallies us to an equally just and no less worthy cause: reclaiming our right to be idle.

A witty and insightful investigation into the green-eyed monster's role in our lives *Compete, acquire, succeed, enjoy: the pressures of living in today's materialistic world seem predicated upon jealousy—the feelings of rivalry and resentment for possession of whatever the other has. But while our newspapers abound with stories of the sometimes droll, sometimes deadly consequences of sexual jealousy, Peter Toohey argues in this charmingly provocative book that jealousy is much more than the destructive emotion it is commonly assumed to be. It helps as much as it harms. Examining the meaning, history, and value of jealousy, Toohey places the emotion at the core of modern culture, creativity, and civilization—not merely the sexual relationship. His eclectic approach weaves together psychology, art and literature, neuroscience, anthropology, and a host of other disciplines to offer fresh and intriguing contemporary perspectives on violence, the family, the workplace, animal behavior, and psychopathology. Ranging from the streets of London to Pacific islands, and from the classical world to today, this is an elegant, smart, and beautifully illustrated defense of a not-always-deadly sin.*

Hold On

A Critique of an American Genre

Rhineland v. Rhineland and the Law of the Multiracial Family

Jack Gregson & the Forgotten Portal

The Co-evolution of Humans and Machines

British Aristocrats in the American West 1830–1890

Republic of Denial

DIV This landmark book looks at what it means to be a multiracial couple in the United States today. According to Our Hearts begins with a look back at a 1925 case in which a two-month marriage ends with a man suing his wife for misrepresentation of her race, and shows how our society has yet to come to terms with interracial marriage. Angela Onwuachi-Willig examines the issue by drawing from a variety of sources, including her own experiences. She argues that housing law, family law, and employment law fail, in important ways, to protect multiracial couples. In a society in which marriage is used to give, withhold, and take away status—in the workplace and elsewhere—she says interracial couples are at a disadvantage, which is only exacerbated by current law. /div

Are we living in an age where we are more boredom-prone? Or are other people boring us? Or could we be that boring person?! In our current information age, we are constantly connected to technology, and have so many varied ways to spend our leisure time that we should all surely never know what boredom feels like. Yet, boredom appears to be on the rise; it seems that the more we have to stimulate us, the more stimulation we crave. In a quest to relieve our boredom, we engage in dangerous risk-taking - from extreme sports to drugs to gambling to anti-social behaviour, or we overindulge in shopping or eating. The Science of Boredom explores the causes and consequences of boredom in the fast-paced twenty-first century. Parents are desperate to keep their children entertained during every waking moment, the education system is geared towards interactivity, and attention spans are dropping as we use multiple devices at all times. But the world of work can be increasingly repetitive and routine, and we are losing the ability to tolerate this everyday tedium. Using Sandi Mann's own ground-breaking research into boredom, this book tells the story of how we act, react and cope when we are bored, and argues that there is a positive side to boredom. It can be a catalyst for humour, fun, reflection, creativity and inspiration. The radical solution to the 'boredom problem' is to harness it rather than try to avoid it. Allowing yourself time away from constant stimuli can enrich your life. We should all embrace our boredom and see the upside of our downtime.

Examines the nature of happiness, discussing how it has been treated in philosophy and religion and by the modern disciplines of psychology, economics, and neuroscience, and considers the place of individual happiness within the context of modern life.

Nine critically acclaimed cartoonists and graphic novelists invite us into their studios to discuss their art and inspirations. These studio visits with some of today's most popular and innovative comic artists present an unparalleled look at the cutting edge of the comic medium. The artists, some of whom rarely grant interviews, offer insights into the creative process, their influences and personal sources of inspiration, and the history of comics. The interviews amount to private gallery tours, with the artists commenting, now thoughtfully, now passionately, on their own work as well as the works of others. The book is generously illustrated with full-color reproductions of the artists' works, including some that have been published and others not originally intended for publication, such as sketchbooks and personal projects. Additional illustrations show behind-the-scenes working processes of the cartoonists and particular works by others that have influenced or inspired them. Through the eyes of these artists, we see with a new clarity the achievement of contemporary cartoonists and the extraordinary possibilities of comic art.

The Anti-Boredom Book of Brilliant Things to Do

An Incredibly Boring Story

A Lively History

How to Be Idle

The Science of Boredom

A Novel

Political Institutions, Sovereign Debt, and Financial Underdevelopment in Imperial Brazil

Introduces very young children to the child prodigy, Wolfgang Amadeus Mozart, in a tribute to the beauty of listening, looking, imagining, and, above all, playing.

How did the elements get their names? The origins of californium may be obvious, but what about oxygen?

Investigating their origins takes Peter Wothers deep into history. Drawing on a wide variety of original sources, he brings to light the astonishing, the unusual, and the downright weird origins behind the element names we take for granted.

"The threads of Peter Lovesey's new Peter Diamond mystery, Upon a Dark Night, twist up so neatly they make a perfect hangman's noose—another triumph of plotting from this master of the classic puzzle form."—Marilyn Stasio, The New York Times Book Review "Lovesey is . . . master of the traditional crime novel." —Publishers Weekly (starred review) "The characters are complex and well-drawn, the plot intricate but credible, the story well-told and the puzzles neatly tied up by the end."—Pittsburgh Post-Gazette "An extraordinary combination of classic puzzle with a contemporary police procedural; an immensely satisfying work by one of Britain's foremost mystery novelists."—Houston Chronicle "Lovesey's latest Peter Diamond novel offers everything a fan of classic detective fiction could want."—Booklist

A young woman is dumped, injured and unconscious, in a private hospital's parking lot. She is an amnesiac with no memory prior to her discovery by hospital personnel. Detective Inspector Peter Diamond of the Bath homicide squad is unwilling to become involved. He has other, more important cases to solve: A woman has plunged to her death from the roof of a local landmark while half the young people of Bath partied below, and an elderly farmer has shot himself. Are these apparent suicides really so, or are there sinister forces at work? And then he finds a connection to the amnesiac woman named, temporarily, Rose. Peter Lovesey is the author of 24 highly praised mysteries and has been awarded The Crime Writers' Association's Gold, Silver and Diamond Daggers, as well as many US honors. He lives in West Sussex, England.

"Chinese Edition Edited by Huang Nengfu and Zhao Feng."

A Philosophy of Boredom

The Bowery

The Fourth Discontinuity

Upon a Dark Night

The Power of Boredom

Inside Schools

The Novel that Inspired Dr. Strangelove, or, How I Learned to Stop Worrying and Love the Bomb

Have fun and stay busy anytime and anywhere with loads of games, quizzes, challenges, and activities. Even though real life is filled with plenty of action, sometimes you find yourself sitting through a never-ending car ride, waiting on a long line, or with a couple hours with nothing planned. This book is perfect for those times when you don't have anything to do. It's jam packed with witty jokes, mind-boggling puzzles and challenges, wacky ideas, silly questions, fun quizzes, and interesting lists. With more than a hundred different activities, it's guaranteed to keep you amused for ages! The Anti-Boredom Book of Brilliant Things to Do is divided into various themes with lots of different things to do for each one. There are creative activities, items to choose and score, riddles to solve, games, and loads of funny stuff! Some of those things include: Design an awesome, one-of-a-kind sandwich "Would you rather?" sports questions Create some crazy names for an imaginary friend Learn some cool slang for "money" List the craziest pets you can imagine Rate popular music genres Trivia about classic movies and TV shows Write your own school report Quiz to choose your dream job How to say "cell phone" in eleven different languages And more! So, sharpen up your imagination, prepare to have a laugh, gather your friends and family, and get ready to never be bored again!

The study of electoral realignments is one of the most influential and intellectually stimulating enterprises undertaken by American political scientists. Realignment theory has been seen as a science able to predict changes, and generations of students, journalists, pundits, and political scientists have been trained to be on the lookout for "signs" of new electoral realignments. Now a major political scientist argues that the essential claims of realignment theory are wrong—that American elections, parties, and policymaking are not (and never were) reconfigured according to the realignment calendar. David Mayhew examines fifteen key empirical claims of realignment theory in detail and shows us why each in turn does not hold up under scrutiny. It is time, he insists, to open the field to new ideas. We might, for example, adopt a more nominalistic, skeptical way of thinking about American elections that highlights contingency, short-term election strategies, and valence issues. Or we might examine such broad topics as bellicosity in early American history, or racial questions in much of our electoral history. But we must move on from an old

orthodoxy and failed model of illumination.

From bestselling author Gabor Maté, the essential resource for understanding the roots and behaviors of addiction--now with an added introduction by the author. Based on Gabor Maté's two decades of experience as a medical doctor and his groundbreaking work with the severely addicted on Vancouver's skid row, In the Realm of Hungry Ghosts radically reenvision this much misunderstood field by taking a holistic approach. Dr. Maté presents addiction not as a discrete phenomenon confined to an unfortunate or weak-willed few, but as a continuum that runs throughout (and perhaps underpins) our society; not a medical "condition" distinct from the lives it affects, rather the result of a complex interplay among personal history, emotional, and neurological development, brain chemistry, and the drugs (and behaviors) of addiction. Simplifying a wide array of brain and addiction research findings from around the globe, the book avoids glib self-help remedies, instead promoting a thorough and compassionate self-understanding as the first key to healing and wellness. In the Realm of Hungry Ghosts argues persuasively against contemporary health, social, and criminal justice policies toward addiction and those impacted by it. The mix of personal stories—including the author's candid discussion of his own "high-status" addictive tendencies—and science with positive solutions makes the book equally useful for lay readers and professionals.

Through comparative historical research, this book offers a novel theory explaining the emergence of boredom in modernity. Presenting a Durkheimian topology of cross-cultural boredom, it grounds the sociological cause of boredom in anomie and the perception of time, compares its development through case studies in Anglo and Russian society, and explains its minimal presence outside of the West. By way of illustrative examples, it includes archetypes of boredom in literature, art, film, and music, with a focus on the death of traditional art, and boredom in politics, including strategies enacted by Queer intellectuals. The author argues that boredom often results from the absence of a strong commitment to engaging with society, and extends Durkheim's theory of suicide to boredom in order to consider whether an imbalance between social regulation and integration results in boredom. The first book to scientifically explain the historical emergence and epidemic of boredom while engaging with cutting edge political debates, Towards a General Theory of Boredom will appeal to scholars across the social sciences with interests in social theory, social psychology, and sociology.

Prairie Fever: British Aristocrats in the American West 1830-1890

Bored and Brilliant

Red Alert

A Novel About the History of Philosophy

Inglorious Revolution

Whitney Museum of American Art

Visits with Contemporary Cartoonists

In the first book to argue for the benefits of boredom, Peter Toohey dispels the myth that it's simply a childish emotion or an existential malaise like Jean-Paul Sartre's nausea. He shows how boredom is, in fact, one of our most common and constructive emotions and is an essential part of the human experience. This informative and entertaining investigation of boredom--what it is and what it isn't, its uses and its dangers--spans more than 3,000 years of history and takes readers through fascinating neurological and psychological theories of emotion, as well as recent scientific investigations, to illustrate its role in our lives. There are Australian aboriginals and bored Romans, Jeffrey Archer and caged cockatoos, Camus and the early Christians, Durer and Degas. Toohey also explores the important role that boredom plays in popular and highbrow culture and how over the centuries it has proven to be a stimulus for art and literature. Toohey shows that boredom is a universal emotion experienced by humans throughout history and he explains its place, and value, in today's world. "Boredom: A Lively History" is vital reading for anyone interested in what goes on when supposedly nothing happens.

One day Sophie comes home from school to find two questions in her mail: "Who are you?" and "Where does the world come from?" Before she knows it she is enrolled in a correspondence course with a mysterious philosopher. Thus begins Jostein Gaarder's unique novel, which is not only a mystery, but also a complete and entertaining history of philosophy.

From peglegged Peter Stuyvesant to CBGB's, the story of the Bowery reflects the history of the city that grew up around it. It was the street your mother warned you about—even if you lived in San Francisco. Long associated with skid row, saloons, freak shows, violence, and vice, the Bowery often showed the worst New York City had to offer. Yet there were times when it showed its best as well. The Bowery is New York's oldest street and Manhattan's broadest boulevard. Like the city itself, it has continually reinvented itself over the centuries. Named for the Dutch farms, or bouweries, of the area, the path's lurid character was established early when it became the site of New Amsterdam's first murder. A natural spring near the Five Points neighborhood led to breweries and taverns that became home to the gangs of New York—the "Bowery B'hoys," "Plug Uglies," and "Dead Rabbits." In the Gaslight Era, teenaged streetwalkers swallowed poison in McGurk's Suicide Hall. A brighter side to the street was reflected in places of amusement and culture over the years. A young P.T. Barnum got his start there, and Harry Houdini learned showmanship playing the music halls and dime museums. Poets, singers, hobos, gangsters, soldiers, travelers, preachers, storytellers, con-men, and reformers all gathered there. Its colorful cast of characters includes Peter Stuyvesant, Steve Brodie, Carry Nation, Stephen Foster, Stephen Crane, and even Abraham Lincoln. The Bowery: The Strange History of New York's Oldest Street traces the full story of this once notorious thoroughfare from its pre-colonial origins to the present day.

"A deeply researched and finely delivered look at what can best be described as a counterintuitive slice of American history."—Washington Post From the 1830s onward, a succession of well-born Britons headed west to the great American wilderness to find adventure and fulfillment. They brought their dogs, sporting guns, valets, and all the attitudes and prejudices of their class. Prairie Fever explores

why the West had such a strong romantic appeal for them at a time when their inherited wealth and passion for sport had no American equivalent. In fascinating and often comic detail, the author shows how the British behaved—and what the fur traders, hunting guides, and ordinary Americans made of them—as they crossed the country to see the Indians, hunt buffalo, and eventually build cattle empires and buy up vast tracts of the West. But as British blue bloods became American landowners, they found themselves attacked and reviled as “land vultures” and accused of attempting a new colonization. In a final denouement, Congress moved against the foreigners and passed a law to stop them from buying land.

Play, Mozart, Play!

The Upside of Downtime

Delia's Dull Day

Games, Crafts, Puzzles, Jokes, Riddles, and Trivia for Hours of Fun

Handbook of the Collection

A Case Study of Anglo and Russian Society

Chinese Silks

Argues that boredom is a common and constructive emotion essential to the human experience, and discusses the psychological history of boredom and its importance as a stimulus for art and literature.

It has been described as a "tame longing without any particular object" by Schopenhauer, "a bestial and indefinable affliction" by Dostoevsky, and "time's invasion of your world system" by Joseph Brodsky, but still very few of us today explain precisely what boredom is. A Philosophy of Boredom investigates one of the central preoccupations of our age, probes the nature of boredom, how it originated, how and why it afflicts us, and why we cannot seem to overcome an act of will. Lars Svendsen brings together observations from philosophy, literature, psychology, theology, and popular culture, examining boredom's pre-Romantic manifestations in medieval torpor, philosophical musings on boredom from Pascal to Nietzsche, and modern explorations into alienation and transgression by twentieth-century artists from Beckett to Warhol. A witty and entertaining account of our dullest moments and most maddening days, A Philosophy of Boredom appeals to anyone curious to know what lies beneath the overwhelming inertia of inactivity.

An exciting guide to, and celebration of, the Whitney Museum and its outstanding collection of American art. This all-in-one handbook, a fresh look at the Whitney Museum of American Art's collection, highlights the museum's extraordinary history and its fascinating history. Featuring iconic pieces by artists such as Calder, Hopper, Johns, O'Keeffe, and Warhol--as well as numerous works by under-recognized individuals--this is not only a guide to the Whitney's collection, but also a remarkable primer on modern and contemporary American art. Beautifully illustrated with abundant new photography, the book includes scholarly entries on 350 artists with images of some of their most significant works. The museum's history and the evolution of its collection, including the Whitney's important distinction as one of the few American museums founded by an artist, and the notion of "American" in relation to the collection, are covered in two short essays. Published to coincide with the Whitney's highly anticipated move to a new facility in downtown New York in the spring of 2015, this book celebrates the museum's storied past and vibrant present as it looks ahead to its future.

Discusses the relationship between humans and machines, pondering the implications of humans becoming more mechanical and of computer robots being programmed to think. He describes early Greek and Chinese automatons and discusses the history of previous centuries and of individuals on this subject.

Sophie's World

The Strange History of New York's Oldest Street

Out of My Skull

Boredom

Press, Politics, and Public Life

Jealousy

Hank Greenberg

Set in 1960, Nobel Prize winner Peter Handke's Repetition tells of Filib Kobal's journey from his home in Carinthia to Slovenia on the trail of his missing brother, Gregor. He is armed only with two of Gregor's books: a copy book from agricultural school, and a Slovenian - German dictionary, in which Gregor has marked certain words. The resulting investigation of the laws of language and naming becomes a transformative investigation of himself and the world around him. "Handke's eminence, displayed in a substantial oeuvre of plays, novels and poems, is reaffirmed brilliantly by [Repetition]." - Publishers Weekly

Poor Delia, nothing ever happens to her. Her life is so dull, dull, dull. But perhaps if Delia decided to look up or turn around, she'd see... the elephants marching through her house... the pirate sitting behind her on the school bus... or even the submarine that rises to the surface right after she leaves the pool! If Delia ever paid attention, she'd realize her life is quite exciting after all! Artist Andy Myer brings to hilarious life the experiences and possibilities that the world might offer each of us if we would only pay attention.

"Bored and Brilliant shows the fascinating side of boredom. Manoush Zomorodi investigates cutting-edge research as well as compelling (and often funny) real-life examples to demonstrate that boredom is actually a crucial tool for making our lives happier, more productive, and more creative. What's more, the book is crammed with practical exercises for anyone who wants to reclaim the power of spacing out – deleting the Two Dots app, for instance, or having a photo-free day, or taking a 'fakecation'." —Gretchen Rubin, author of #1 NYT Bestseller The Happiness Project "Bored and Brilliant is full of easy steps to make each day more effective and

every life more intentional. Manoush's mix of personal stories, neuroscience, and data will convince you that boredom is actually a gift." —Charles Duhigg, author of *The Power of Habit* and *Smarter, Faster, Better* It's time to move "doing nothing" to the top of your to-do list. In 2015 Manoush Zomorodi, host of WNYC's popular podcast and radio show *Note to Self*, led tens of thousands of listeners through an experiment to help them unplug from their devices, get bored, jump-start their creativity, and change their lives. *Bored and Brilliant* builds on that experiment to show us how to rethink our gadget use to live better and smarter in this new digital ecosystem. Manoush explains the connection between boredom and original thinking, exploring how we can harness boredom's hidden benefits to become our most productive and creative selves without totally abandoning our gadgets in the process. Grounding the book in the neuroscience and cognitive psychology of "mind wandering" what our brains do when we're doing nothing at all—Manoush includes practical steps you can take to ease the nonstop busyness and enhance your ability to dream, wonder, and gain clarity in your work and life. The outcome is mind-blowing. Unplug and read on.

"Weaving together stories from sources as wide-ranging as classical literature, social and cognitive psychology, philosophy, art, and video games, *Propelled: How Boredom, Frustration, and Anticipation Lead Us to the Good Life* makes a lively case for the value of discontent in our lives. It offers novel, detailed, and scientifically informed characterizations of the nature and outcomes of boredom, frustration, and anticipation. The book demonstrates why these three states should not be viewed as obstacles to our goals but as elements of the good life and explicates how they can illuminate our desires and expectations, inform us when we find ourselves stuck in unpleasant and unfulfilling situations, and motivate us to furnish our lives with meaning, interest, and value"--

The Fortunes of Francis Barber

How the Elements Were Named

In the Realm of Hungry Ghosts

The Psychology of Boredom

Towards a General Theory of Boredom

Propelled

The Hero Who Didn't Want to Be One

Are we living in an age where we are more boredom-prone? Or are other people boring us? Or could we be that boring person?! In our current information age, we are constantly connected to technology, and have so many varied ways to spend our leisure time that we should all surely never know what boredom feels like. Yet, boredom appears to be on the rise; it seems that the more we have to stimulate us, the more stimulation we crave. In a quest to relieve our boredom, we engage in dangerous risk-taking - from extreme sports to drugs to gambling to anti-social behavior, or we overindulge in shopping or eating. *The Upside of Downtime* explores the causes and consequences of boredom in the fast-paced twenty-first century. Parents are desperate to keep their children entertained during every waking moment, the education system is geared towards interactivity, and attention spans are dropping as we use multiple devices at all times. But the world of work can be increasingly repetitive and routine, and we are losing the ability to tolerate this everyday tedium. Using Sandi Mann's own ground-breaking research into boredom, this book tells the story of how we act, react and cope when we are bored, and argues that there is a positive side to boredom. It can be a catalyst for humor, fun, reflection, creativity and inspiration. The radical solution to the 'boredom problem' is to harness it rather than try to avoid it. Allowing yourself time away from constant stimuli can enrich your life. We should all embrace our boredom and see the upside of our downtime.

Nineteenth-century Brazil's constitutional monarchy credibly committed to repay sovereign debt, borrowing repeatedly in international and domestic capital markets without default. Yet it failed to lay the institutional foundations that private financial markets needed to thrive. This study shows why sovereign creditworthiness did not necessarily translate into financial development. "Using a vast array of archival evidence, Summerhill convincingly shows that political commitment to a secure public debt was neither necessary nor sufficient to insure financial development in nineteenth-century Brazil. A must-read for economic and financial historians and for anyone interested in the politics of financial development." —Jean-Laurent Rosenthal, California Institute of Technology

This compelling book chronicles a young boy's journey from the horrors of Jamaican slavery to the heart of London's literary world, and reveals the unlikely friendship that changed his life. Francis Barber, born in Jamaica, was brought to London by his owner in 1750 and became a servant in the household of the renowned Dr. Samuel Johnson. Although Barber left London for a time and served in the British navy during the Seven Years' War, he later returned to Johnson's employ. A fascinating reversal took place in the relationship between the two men as Johnson's health declined and the older man came to rely more and more upon his now educated and devoted companion. When Johnson died he left the bulk of his estate to Barber, a generous (and at the time scandalous) legacy, and a testament to the depth of their friendship. There were thousands of black Britons in the eighteenth century, but few accounts of their lives exist. In uncovering Francis Barber's story, this book not only provides insights into his life and Samuel Johnson's but also opens a window onto London when slaves had yet to win their freedom.

In the Studio

Electoral Realignments

From Aristotle to Brain Science

According to Our Hearts

A Loafer's Manifesto

Philosophical Perspectives