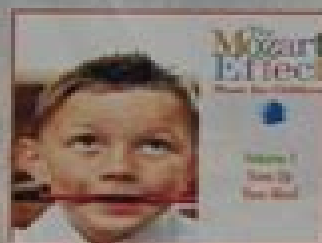


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The Children's Group
www.childrensgroup.com

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Sebastian Brünink



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The Science of Boredom Sandi Mann,2016-03-22 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

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