

Boredom A Lively History Peter Toohey

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Radio Benjamin

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 can explain precisely what boredom is. A Philosophy of Boredom investigates one of

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the central preoccupations of our age as it probes the nature of boredom, how it originated, how and why it afflicts us, and why we cannot seem to overcome it by any 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* will appeal to anyone curious to know what lies beneath the overwhelming inertia of inactivity.

The Right Word

Choose a path and see if you can survive the RMS Titanic's fateful voyage.

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

Examining a wide array of ancient writings, Brent Nongbri dispels the commonly held idea that there is such a thing as ancient religion. Nongbri shows how misleading it is to speak as though religion was a concept native to pre-modern

cultures.

Eureka: The Unfinished Revolution

Philosophers and theologians from around the world and throughout history have grappled with such fundamental issues as the nature of the world and man's relation to it, as well as the optimal forms of human perception, language and behaviour. Yet it has always been difficult to compare the works of thinkers from different eras and cultures. In this work of systematic philosophy, David Dilworth places the major texts of ancient and modern, and Western and Oriental philosophy and religion into one comparative framework. His study reveals affinities between thinkers who lived centuries and continents apart and produces numerous insights by bringing together the greatest philosophical texts into a single scheme.

Before Religion

Two-time Booker Prize-winner Peter Carey's *His Illegal Self* crackles with passionate, electrifying prose and characters that leap off the page and into your psyche. Utterly captivating. It is 1972 and Ché, a precocious seven-almost-eight-year-old boy, leads a rather bourgeois life on Park Avenue with his eccentric grandmother. His parents are young radicals in hiding from the FBI – he has never

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even met his father and he last saw his mother at the age of two. Ché is ecstatic when a woman called Dial – who he believes is his mother – appears at his front door to take him out for lunch. They skip the meal and Dial whisks Ché off on a serpentine adventure, luring him with the promise of a big “surprise” and the idea that he has finally found someone to love. Eventually they find themselves stranded on a turbulent hippie commune in Australia, a lonely boy and a reluctant kidnapper with no one to rely on but each other. His Illegal Self is a love story like no other. Simultaneously sinister and endearing, the incomparable perspectives and vividness of the characters’ voices are mesmerizing. It is impossible not to be moved by the openness and innocence of this young boy, and by his willingness and inherent need to love and to trust anyone and everyone as he seeks out his parents.

A Philosophy of Boredom

Shows how Europe's barbarians, strengthened by centuries of contact with Rome on many levels, turned into an enemy capable of overturning and dismantling the mighty Empire.

Boredom

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This title is part of the acclaimed series of anthologies which document major themes and ideas in contemporary art.

True History of the Kelly Gang

A beautifully written exploration of religion's role in a secular, modern politics, by an accomplished scholar of critical theory Migrants in the Profane takes its title from an intriguing remark by Theodor W. Adorno, in which he summarized the meaning of Walter Benjamin's image of a celebrated mechanical chess-playing Turk and its hidden religious animus: "Nothing of theological content will persist without being transformed; every content will have to put itself to the test of migrating in the realm of the secular, the profane." In this masterful book, Peter Gordon reflects on Adorno's statement and asks an urgent question: Can religion offer any normative resources for modern political life, or does the appeal to religious concepts stand in conflict with the idea of modern politics as a domain free from religion's influence? In answering this question, he explores the work of three of the Frankfurt School's most esteemed thinkers: Walter Benjamin, Max Horkheimer, and Theodor W. Adorno. His illuminating analysis offers a highly original account of the intertwined histories of religion and secular modernity.

Melancholy, Love, and Time

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What such a move meant, in society as well as literature, becomes clear in the astonishing range of fiction, poetry, conduct books, letters, and historical and sociological documents Spacks surveys. Here we see how the idea of boredom - as a point of reference or focus of opposition, as a means of characterization, repudiation, or definition, as social indictment or personal grievance - condenses a wide range of crucial meanings and attitudes. From the gendering of boredom (how women's lives came to embody both the threat of boredom and its overthrow) to canon issues (how "boring" becomes "interesting" with a sympathetic reader), the implications of the subject steadily enlarge.

The Life & Letters of Peter Ilich Tchaikovsky

From Hans Christian Anderson Award winner and three-time Caldecott Honoree Peter Sis comes a delectable picture book that is as breezy, sweet and irresistible as ice cream in summer. Dear Grandpa, Summer is going well. I am very busy. But don't worry, I am not forgetting about school! I read every day. I practice my math facts. And I am even studying world history! Peter Sís's delicious tongue-in-cheek vision of summer dishes up the whole scoop on everyone's favorite frozen treat--and proves that ice cream is every bit as enriching for the mind as it is for the taste buds. Readers everywhere will be begging for seconds and thirds!

Boredom Is in Your Mind

“A rich character study and a twisty whodunit, adding one more voice to the lively conversation about the boundaries between memoir and fiction” (Entertainment Weekly). Pete Ferry, our narrator, teaches high school English in the wealthy Chicago suburb of Lake Forest and moonlights as a travel writer. On his way home after work one evening, he witnesses a car accident that kills a beautiful woman named Lisa Kim. But was it an accident? Could Pete have prevented it? And did it actually happen, or is this just an elaborate tale he concocts to impart the power of story to his teenage students? Why can’t he stop thinking about Lisa Kim? And what might his obsession with her mean to his relationship with his girlfriend, Lydia? With humor, tenderness, and suspense, *Travel Writing* takes readers on fascinating journeys, both geographical and psychological, and delves into the notion that the line between fact and fiction is often negotiable. “A great and edifying read.” —Dave Eggers “*Travel Writing* is an absolute pleasure to read. It is ensnaring, funny, suspenseful, smart and poignant.” —Chicago Tribune “Ferry builds his quietly tricky tale around an English teacher’s amateur investigation into a traffic fatality . . . Earnest, engrossing and affecting.” —Publishers Weekly

Antimony, Gold, and Jupiter's Wolf

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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.

The Upside of Downtime

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Cars of all shapes, colors, and sizes--including an igloo ice-fueled polar car and an eco-friendly car that runs on air--are presented in illustrations and rhyme.

The Science of Boredom

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.

Amazin'

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

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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.

Boredom

Chronicles the life of the Nazi leader, including his childhood and youth, his transformation of the SS from a small bodyguard unit into a powerful organization within the Nazi Party, and how his political maneuvering and rise in power set the tone for the party's goals.

Boredom

From Tom Seaver to Gary Carter, Ron Swoboda to Al Leiter, from the team's inception to the current day, the New York Mets' road to success has been a rutted and furrowed path. Now, with the help of New York Times bestselling author Peter

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Golenbock, the complete story of one of the most controversial teams in baseball history comes to life. Told from the voices of the men who experienced it firsthand, this compulsively readable account gives baseball fans the inside scoop on one of baseball's most popular teams. This is the true story of a group of men who won the hearts and shattered the dreams of generations. Utilizing dozens of personal interviews with players, coaches, fans, and sportswriters, Amazin' takes readers on a journey from the Mets' bumbling days as a new team in 1962, to their stunning World Championships in 1969 and 1986, right up through to today. In time for the fortieth anniversary of the New York Mets, Amazin' is rich with unforgettable personalities and wondrous stories both funny and poignant.

Ice Cream Summer

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

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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.

Out of My Skull

Boredom Studies Reader

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

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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.

Escape This Book! Titanic

Even the regular, average, ordinary days can be celebrated with this charming picture book! Peter does not like being bored, so he comes up with a way to have some festive fun--he'll celebrate a different holiday each day! He even rates them on a scale of 1 to 10. But when he wakes up one morning to discover there isn't any holiday, he realizes he'll have to take matters into his own hands and make up his own! That's easier said than done, though, and nothing seems to go right--until Peter realizes that even a regular, average, ordinary day can be something worth celebrating.

Formal matters

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Examines the life of Peter Mark Roget and his invention of the thesaurus.

Towards a General Theory of Boredom

Eureka: the unfinished revolution . . . history comes to life with Peter FitzSimons. In 1854, Victorian miners fought a deadly battle under the flag of the Southern Cross at the Eureka Stockade. Though brief and doomed to fail, the battle is legend in both our history and in the Australian mind. Henry Lawson wrote poems about it, its symbolic flag is still raised, and even the nineteenth-century visitor Mark Twain called it: " a strike for liberty". Was this rebellion a fledgling nation's first attempt to assert its independence under colonial rule? Or was it merely rabble-rousing by unruly miners determined not to pay their taxes. In his inimitable style, Peter FitzSimons gets into the hearts and minds of those on the battlefield, and those behind the scenes, bringing to life Australian legends on b

The Fall of the Roman Empire

“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

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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.

Reading Epic

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

Hold On

The iconic Periodic Table of the Elements is probably in its most satisfactory,

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elegant form it will ever have. This is because all the "gaps" corresponding to missing elements in the seventh row, or period, have recently been filled and the elements named. But where do these names come from? For some (usually the most recent), the origins are quite obvious, such as germanium or californium, but for others - even the well-known elements, such as oxygen or nitrogen - their roots are less clear. Here, Peter Wothers explores the fascinating and often surprising stories behind how the chemical elements received their names. Delving back in time to explore the history and gradual development of chemistry, he sifts through medieval manuscripts for clues to the stories surrounding the discovery of the elements, showing how they were first encountered or created, and how they were used in everyday lives. As he reveals, the oldest-known elements were often associated with astronomical bodies, and the connections with the heavens influenced the naming of a number of elements. Following this, a number of elements, including hydrogen and oxygen, were named during the great reform of chemistry, set amidst the French revolution. Whilst some of the origins of the names were controversial (and, indeed incorrect - some saying, for instance, that oxygen might be literally taken to mean "the son of a vinegar merchant"), they have nonetheless influenced the language used throughout the world to this very day. Throughout, Wothers delights in dusting off the original sources, and bringing to light the astonishing, the unusual, and the downright weird origins behind the names of the elements we take for granted today.

Jealousy

Readers new to ancient epic are hampered in two ways: they do not know the ancient languages, and they are unfamiliar with the ancient world. This survey addresses the needs of these readers by offering guidance through the major classical writers of epic: it begins with Homer and concludes with an overview of the development of late ancient epic and of the interface between the epic and the novel.

Philosophy in World Perspective

Although boredom appears to be a perennial feature of the human condition, it is linked to ways of experiencing time and thinking about human existence that are recognizably modern. By tracing the emergence and evolution of the modern discourse on boredom in French and German literary, philosophical, and sociological texts, *Experience Without Qualities* makes a contribution to the intellectual and cultural history of European modernity. In interpreting that discourse as the reflection of a specifically modern crisis of meaning, it contributes to the theorization of modernity and modern experience. And in bringing these historical and theoretical dimensions into conversation, it develops analytic strategies that are of broader application in interdisciplinary inquiry—for the

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methodological problems that arise in thinking about boredom as a phenomenon of both philosophical and more broadly cultural significance illuminate the constraints that confront any attempt to reflect historically on subjective experience in modernity.

The Pale King

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.

Boredom

The international bestseller and winner of the 2001 Commonwealth Writers' Prize for Best Book. Out of 19th century Australia rides a hero of his people and a man for all nations: Ned Kelly, the son of poor Irish immigrants, viewed by the authorities as a thief (especially of horses) and, as a cold-blooded killer. To the people, though, he was a patriot hounded unfairly by rich English landlords and their stooges. In the end, Kelly and his so-called gang (his younger brother and two friends) led a massive police manhunt on a wild goose chase that lasted twenty months, in which Ned's talents as a bushman were augmented by bank robberies and the support of nearly everyone not in a uniform. His one demand - for which he would have surrendered himself was his jailed mother's freedom. Executed by hanging more than a century ago, speaking as if from the grave, Kelly still resonates as the most potent legend in the land down under. From the Trade Paperback edition.

Boredom

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

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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.

Heinrich Himmler

This book offers a unique perspective on the topic of boredom, with chapters written by diverse representatives of various mental health disciplines and philosophical approaches. On one hand, studying boredom involves the mental processes of attention, memory, perception, creativity, or language use; on the other, boredom can be understood by taking into account many pathological conditions such as depression, stress, and anxiety. This book seeks to fill the knowledge gap in research by discussing boredom through an interdisciplinary dialogue, giving a comprehensive overview of the past and current literature within boredom studies, while discussing the neural bases and causes of boredom and its

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potential consequences and implications for individual and social well-being. Chapters explore the many facets of boredom, including: Understanding the cognitive-affective mechanisms underlying experiences of boredom Philosophical perspectives on boredom, self-consciousness, and narrative How boredom shapes both basic and complex human thoughts, feelings, and behavior Analyzing boredom within Freudian and Lacanian frameworks Boredom Is in Your Mind: A Shared Psychological-Philosophical Approach is a pioneering work that brings together threads of cross-disciplinary boredom research into one comprehensive resource. It is relevant for graduate students and researchers in myriad intersecting disciplines, among them cognitive psychology, cognitive neurosciences, and clinical psychology, as well as philosophy, logic, religion, and other areas of the humanities and social sciences.

His Illegal Self

Boredom Studies is an increasingly rich and vital area of contemporary research that examines the experience of boredom as an important – even quintessential – condition of modern life. This anthology of newly commissioned essays focuses on the historical and theoretical potential of this modern condition, connecting boredom studies with parallel discourses such as affect theory and highlighting possible avenues of future research. Spanning sociology, history, art, philosophy and cultural studies, the book considers boredom as a mass response to the

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atrophy of experience characteristic of a highly mechanised and urbanised social life.

The Power of Boredom

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

National Regular Average Ordinary Day

Walter Benjamin was fascinated by the impact of new technology on culture, an interest that extended beyond his renowned critical essays. From 1927 to '33, he wrote and presented something in the region of eighty broadcasts using the new medium of radio. Radio Benjamin gathers the surviving transcripts, which appear here for the first time in English. This eclectic collection demonstrates the range of Benjamin's thinking and his enthusiasm for popular sensibilities. His celebrated "Enlightenment for Children" youth programs, his plays, readings, book reviews, and fiction reveal Benjamin in a creative, rather than critical, mode. They flesh out ideas elucidated in his essays, some of which are also represented here, where they cover topics as varied as getting a raise and the history of natural disasters,

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subjects chosen for broad appeal and examined with passion and acuity. Delightful and incisive, this is Walter Benjamin channeling his sophisticated thinking to a wide audience, allowing us to benefit from a new voice for one of the twentieth century's most respected thinkers. From the Hardcover edition.

Cars Galore

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.

Travel Writing

"Insightful, affecting, funny, and appropriately terrifying." —Sally Rooney
"Harrowing, tender-hearted, and funny as hell." —Jenny Offill
By the author of the award-winning *To Be a Machine*, an absorbing, deeply felt book about our anxious present tense—and coming to grips with the future *We're alive in a time of worst-case scenarios: The weather has gone uncanny. A viral pandemic has the power to draw our global community to a halt. Old postwar alliances are crumbling. Everywhere you look there's an omen, a joke whose punchline is the end of the world. How is a person supposed to live in the shadow of such a grim future? What does it mean to have children—nothing if not an act of hope—in such unsettled times? What might it be like to live through the worst? And what on Earth is anybody doing about it?* Dublin-based writer Mark O'Connell is consumed by these questions—and, as the father of two young children himself, he finds them increasingly urgent. In *Notes from an Apocalypse*, he crosses the globe in pursuit of answers. He tours survival bunkers in South Dakota. He ventures to New Zealand, a favored retreat of billionaires banking on civilization's collapse. He engages with would-be Mars colonists, preppers, right-wing conspiracists. And he bears witness to those places, like Chernobyl, that the future has already visited—real-life portraits of the end of the world as we know it. In doing so, he comes to a resolution, while offering readers a unique window into our contemporary imagination. Both investigative and deeply personal, *Notes from an*

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Apocalypse is an affecting, humorous, and surprisingly hopeful meditation on our present moment. With insight, humanity, and wit, O'Connell leaves you to wonder: What if the end of the world isn't the end of the world?

Experience Without Qualities

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

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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.

Notes from an Apocalypse

How do the formal properties of early modern texts, together with the materials that envelop and shape them, relate to the cultural, political, and social world of their production? Formal matters: Reading the materials of English Renaissance literature answers this question by linking formalist analysis with the insights of book history. It thus represents the new English Renaissance literary historiography tying literary composition to the materials and material practices of writing. The book combines studies of familiar and lesser known texts, from the poems and plays of Shakespeare to jests and printed commonplace books. Its ten studies make important, original contributions to research on the genres of early modern literature, focusing on the involvement of literary forms in the scribal and print cultures of compilation, continuation, translation, and correspondence, as well as in matters of political republicanism and popular piety, among others. Taken together, the collection's essays exemplify how an attention to form and matter can historicise writing without abandoning a literary focus.

Migrants in the Profane

Ancient literature features many powerful narratives of madness, depression, melancholy, lovesickness, simple boredom, and the effects of such psychological states upon individual sufferers. Peter Toohey turns his attention to representations of these emotional states in the Classical, Hellenistic, and especially the Roman imperial periods in a study that illuminates the cultural and aesthetic significance of this emotionally charged literature. His probing analysis shows that a shifting representation of these afflicted states, and the concomitant sense of isolation from one's social affinities and surroundings, manifests a developing sense of the self and self-consciousness in the ancient world. This book makes important contributions to a variety of disciplines including classical studies, comparative literature, literary and art history, history of medicine, history of emotions, psychiatry, and psychology. Peter Toohey is Professor and Department Head of Greek and Roman Studies at the University of Calgary, Canada.

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