



The Boredom Solution: Understanding and Dealing With Boredom

Linda Deal

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Boredom is a widespread and significant universal problem. The condition hits rich and poor, men and women, young and old alike. It has been considered a contributing cause to many social problems, including substance abuse, eating disorders, gambling, job dissatisfaction, property damage, and poor academic achievement. It has also been clinically linked to conditions like depression, anxiety, hostility, and loneliness. Even with these daily realities of boredom, the average person has no extensive general knowledge of it.

This complete exploration of boredom provides parents and teachers with important information that will allow them to understand why children complain about being bored and help them develop strategies to combat boredom. Providing both theory and practical advice, this clear, down-to-earth guide explains why some people are more prone to boredom than others and shows what parents, teachers, and children themselves can do to alleviate the feelings of boredom. Specific tools to help assess feelings of boredom and questions to ask your child to help diagnose the problem are provided. Learn about the “hows” and “whys” of boredom and make your classroom a more dynamic learning environment for all children. If you work or live with a child who complains about being bored, you need this book.

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Ellen Jorge:

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