



## Boredom: A Lively History

*Peter Toohey*

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# Boredom: A Lively History

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## **Boredom: A Lively History** Peter Toohey

Peter Toohey dispels the myth that boredom is 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.

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