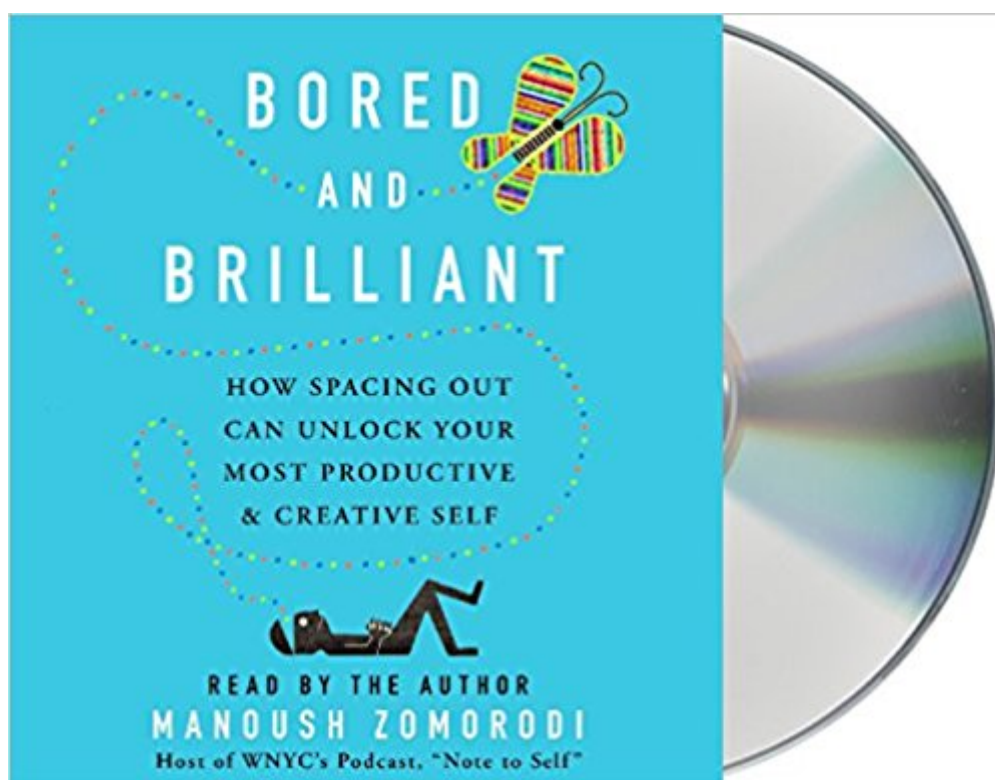


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# Bored And Brilliant: How Spacing Out Can Unlock Your Most Productive And Creative Self



## Synopsis

This program is read by the author. Has your smartphone become your BFF? Do you feel bored when you're not checking Facebook or Instagram? Bored and Brilliant: Rediscovering the Lost Art of Spacing Out explains the connection between boredom and original thinking, and explores how we can harness boredom's hidden benefits to become our most productive selves. In 2015, WNYC Studio's 'Note To Self' host Manoush Zomorodi led thousands of her listeners through a week of experiments designed to help them reassess their technology habits, unplug for part of each week and jumpstart their creativity. Throughout the audiobook are a series of challenges that will help listeners rethink their relationship to their devices without completely leaving the digital world. Zomorodi also explores why putting greater emphasis on "doing nothing" is vital in an age of constant notifications and digital distractions. She speaks with neuroscientists and cognitive psychologists about "mind wandering" and what our brains do when we're doing nothing at all, and the link between boredom and creativity. Bored and Brilliant is about living smarter and better within a digital world. Technology isn't going anywhere, and who would want it to? Bored and Brilliant teaches us how to align our gadget use with what we hold dear and true, and find equilibrium in this new digital ecosystem.

## Book Information

Audio CD

Publisher: Macmillan Audio; Unabridged edition (September 5, 2017)

Language: English

ISBN-10: 1427287422

ISBN-13: 978-1427287427

Product Dimensions: 5.1 x 0.6 x 5.9 inches

Shipping Weight: 4.8 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 5 customer reviews

Best Sellers Rank: #1,451,369 in Books (See Top 100 in Books) #25 in Books > Computers & Technology > Programming > Algorithms > Memory Management #54 in Books > Books on CD > Computers & Internet #241 in Books > Books on CD > Business > Career

## Customer Reviews

Library Journal Editor's Pick

MANOUSH ZOMORODI is the host and managing editor of "Note to Self," "the tech show

about being human, from WNYC Studios. Every week on her podcast, Manoush searches for answers to life's digital quandaries through experiments and conversations with listeners and experts. She has won numerous awards for her work including four from the New York Press Club. In 2014, the Alliance for Women in Media named her Outstanding Host. She lives in Brooklyn, NY. Manoush is the author of *Bored and Brilliant* and *Camera Ready*. MANOUSH ZOMORODI is the host and managing editor of "Note to Self," the tech show about being human, from WNYC Studios. Every week on her podcast, Manoush searches for answers to life's digital quandaries through experiments and conversations with listeners and experts. She has won numerous awards for her work including four from the New York Press Club. In 2014, the Alliance for Women in Media named her Outstanding Host. She lives in Brooklyn, NY. Manoush is the author of *Bored and Brilliant* and *Camera Ready*.

"I bore myself to sleep at night, I bore myself in broad daylight..." - Iggy Pop If you suffer from boredom, or what the French refer to as *Ennui*, you might be able to put that boredom and brilliance to good use. In Manoush Zomorodi's new book she is describing what the great Indian philosopher Krishnamurti meant when he once wrote and spoke of what he called "creative discontent." Krishnamurti wrote, "Don't be afraid to be discontent, but give it nourishment until that spark becomes a flame and you are everlastingly discontented with everything..." Author Zomorodi's work is important on the subject of spacing out in the digital information age of overload. Boredom is a wake-up call that something is wrong with your job, your life, your relationship. There is time to be bored, but there is no time to be lost. There is actionable and practical advice and research in this book. *"Bored and Brilliant"* takes a deep dive into the process of "rediscovering" those daydreams that have been languishing on some superficial or go-no-where situation. Technology is only useful when it serves us, when technology rules our daily life's we wake up in a sad reality. I personally find Facebook the most boring place on earth. Everyone's life is *"Pleasantville (1998)"* We all know how that movie ended. I enjoyed this book immensely and will continue to exercise me boredom, because it is my path to freedom and I hope it is for you as well.

If you are wedded to your phone, you might find be motivated by this book to try a trial separation. Based on a challenge on the author's podcast on WNYC, the author presents a seven part program. The first challenge involves observing yourself and your digital addiction. The second means you don't use your devices when in motion. The third requires a photo free day. The fourth requires you to delete the app you think you can't live without. In the fifth you take a fakeation where you ignore

digital devices and the sixth requires you to engage your powers of observation. Finally the author outlines how you put it all together for a burst of brilliant creativity. Although pleasantly written, this book doesn't present anything especially new or novel. I am not addicted to my phone and generally do not participate on social media. I do see the value of people reclaiming their lives. I am also not convinced that people are necessarily bored. You can fill your life with activity that is ultimately meaningless and this book just takes the focus from digital media and places it elsewhere. There is truth to the power of silence and contemplation. It seems that the need to fill every second with noise is a national obsession. Digital addiction can also lead to boredom and isolation. You can still access the podcasts online. If you can't live without your phone or need help in setting parameters for digital consumption, this book might help you. The comments of the participants in the original program seem to have been. In the long run, however, technology is a fact of life. restoring balance is crucial to happiness and creativity. an easy but not essential read.

Very interesting book. As a guy who is always in my own world, especially when bored in a class, this makes a lot of sense to me. It is so sad to quell one's boredom with something as useless as playing on your phone or whatever. I'd rather be daydreaming than playing another round of Candy Crush, or some other video game carefully manufactured to take your money, not test your skill. I'd recommend just about anyone - but especially young people - read this book, at least to gain some other perspective.

This book is an interesting and concise look at how technology, particularly cell phone usage, is greatly reducing the amount of time one's wandering mind is daydreaming, coming up with highly creative ideas, and "autobiographical planning". If you're doing stuff on your cell phone all the time, your mind can't wander. Not good. Don't imagine this is an anti-tech book, however. It most certainly is not. Author Manoush Zomorodi is obviously a person who thinks cell phones are here to stay and can't be lived without. She is simply encouraging tighter control over using them, and encourages paying more attention to how much time you spend using them. Ms. Zomorodi conducted a "Bored and Brilliant" experiment in 2015 with the radio listeners of her WNYC podcast "Note To Self". This book concentrates on that experiment and includes comments from some of the participants of the experiment. Overall, this is a noteworthy read, but not that noteworthy. Nothing the author or the participants say seems like anything new about modern day technology. It's all been said before, it's all been noted before.

Maybe if you are someone who really does need to reduce the time you spend every day looking at one screen or another, this book will be useful to you. For me, it was just another sad look at those who actually think they can't live without their cell phones, except for very short periods of time; where those very short periods of time are seen as huge accomplishments.

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