Out of My
Skull

Out of My Skull

The Psychology of
Boredom

JAMES DANCKERT
JOHN D. EASTWOOD

Harvard University Press

CAMBRIDGE, MASSACHUSETTS AND LONDON, ENGLAND 2020

Copyright © 2020 by the President and Fellows of Harvard College
All rights reserved
Printed in the United States of America

First printing

Cover design: Graciela Galup

Cover image: Getty Images

9780674247055 (EPUB)

9780674247062 (MOBI)

9780674247079 (PDF)

Many of the designations used by manufacturers and sellers to distinguish their products are claimed as trademarks. Where those designations appear in this book and Harvard University Press was aware of a trademark claim, then the designations have been printed in initial capital letters.

The Library of Congress has cataloged the printed edition as follows:

Names: Danckert, James, 1972– author. | Eastwood, John D. (John David), 1970– author.

Title: Out of my skull : the psychology of boredom / James Danckert and John D. Eastwood.

Description: Cambridge, Massachusetts : Harvard University Press, 2020. | Includes bibliographical references and index.

Identifiers: LCCN 2019045209 | ISBN 9780674984677 (cloth)

Subjects: LCSH: Boredom—Psychological aspects.

Classification: LCC BF575.B67 D343 2020 | DDC 152.4—dc23

LC record available at <https://lccn.loc.gov/2019045209>

To my brother Paul.
Often bored, never boring
—JD

For Ben and Bronwyn:
may your days be full of
meaningful engagement
—JDE