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## INTRODUCTION

### WHAT THIS EBOOK IS ABOUT AND WHO IT IS FOR

This eBook is about what to do when you are bored and would rather not be. It gives three options that go from a quick and temporary fix to a deeper and longer lasting cure.

So this book is for you whether you are just feeling a bit tired of it all, or whether you feel like you really want a major change – but don't know exactly what.

The three options take progressively longer and deal with deeper issues. If you are feeling a bit fragile and unsupported then now may not be the time to go for the deeper options. Stick with the first option for a quick temporary fix until you feel a bit more solid and ready to deal with more challenging issues.

At the suggestion of [Ian Peatey](#), whose blog [Quantum Learning](#) I highly recommend, I have included some ideas on how to deal with bored children after each of the sections. This is based entirely on my experience of the children I have interacted with. I don't claim to know what will work with any particular child, these are just my suggestions: please treat them as thought starters not a recipe to be followed.

### WHO THIS EBOOK IS NOT FOR

This eBook is not for you if you are dealing with depression or a major psychological issue.