

CONTENTS

<i>Preface</i>	1
1. Two Sides of the Same Coin	3
2. A More Boring World	15
3. Natural Wanderers	35
4. An Engine for Curiosity	53
5. Creative Daydreamers	61
6. Utterly Engrossed – Hyperfocus	85
7. Shattering Boundaries – Entrepreneurship	97
8. A Natural Remedy for ADHD – Movement	111
9. School – A New Invention	129
10. The Epidemic of Our Time	141
<i>Afterword</i>	163
<i>Glossary</i>	167
<i>Bibliography</i>	169
<i>Acknowledgements</i>	179
<i>Index</i>	181
<i>About the Author</i>	191