## CONTENTS

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