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## **Boredom as a Therapy for the Addiction to Life**

I define boredom as the symptom of the twofold disease of not-finding meaning and of over-finding meaning. In the latter case, it collides with the phenomenon of burnout. Over-finding meaning results to over-appreciating and over-engaging into work, which results in getting burnout. The first part of the definition of boredom can become the therapy for the second, and the second can become the therapy for the first. This leads nowhere, as the disease keeps transforming itself from its first manifestation to the second and vice versa. So, boredom seems to be an incurable disease, which only mutates, like a virus.

However, as I am going to argue this disease is the therapy for itself. It is a disease that treats itself only with itself, like a vaccination. Moreover, it also treats or is the therapy of another, much more severe disease: the addiction to life. This addiction to life is the main thematic of my doctoral thesis (still in progress). The general argument goes like this: Life is a habit, or better said an addiction, or even better an obsession. Philosophy per se can help to the moderation of this obsession, or at least to a more bearable experience of it. More specifically, a philosophical approach to leisure - laziness (and boredom), to sleep and especially to death, might be the antidote to this obsession, which is the therapy that can be offered to the obsession to life. (For this conference, I will focus on the boredom therapy).