



Spiritual Boredom: Rediscovering the Wonder of Judaism

Dr Erica Brown, Erica Brown



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Boredom is a crisis of our age. In religious terms, boredom is sapping spirituality of its mystical and wholesome benefits, slowly corroding our ability to recognize blessing and beauty in our lives, to experience wonder and awe. This intriguing look at spiritual boredom helps you understand just what this condition is, particularly as it relates to Judaism, and what the absence of inspiration means to the present and future of the Jewish tradition. Drawing insights from psychology, philosophy, and theology as well as ancient Jewish texts, Dr. Erica Brown explores the many ways boredom manifests itself within Judaism and shows its potentially powerful cultural impact on a faith structure that advises sanctifying time, not merely passing it.



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