

# ANDREAS ELPIDOROU

PROFESSOR OF PHILOSOPHY  
DIRECTOR OF LIBERAL STUDIES PROGRAM

*I specialize in the philosophical study of human emotions—especially boredom. I also write on consciousness, physicalism, the good life, and the history of philosophy.*

## EDUCATION

**2002 - 2006**

University of Virginia  
B.S. in Physics (High Distinction)

**2006 - 2013**

Boston University  
Ph.D. in Philosophy

## EMPLOYMENT

**2023 - present**

Director, Liberal Studies Program  
University of Louisville

**2021 - present**

Professor, Department of Philosophy,  
University of Louisville

**2018-2021**

Associate Professor (with tenure),  
Department of Philosophy, University  
of Louisville

**2015-2018**

Assistant Professor, Department of  
Philosophy, University of Louisville

**2013-2015**

Visiting Assistant Professor,  
Department of Philosophy, University  
of Louisville

**2012-2013**

Visiting Lecturer, Department of  
Philosophy, Boston University

## CONTACT



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## SPECIALIZATION

- AOS } Philosophy of Psychology
  - boredom; emotions
- AOS } Philosophy Mind
  - consciousness
- AOS } Metaphysics
  - physicalism
- AOC } Moral Psychology
  - well-being
- AOC } History of Philosophy
  - phenomenology; history of emotions

# SELECTED PUBLICATIONS

## Monographs

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Elpidorou, A. 2020. *Propelled: How Boredom, Frustration, and Anticipation Can Lead Us to the Good Life*. New York: Oxford University Press.

Elpidorou, A., & G. Dove. 2018. *Consciousness and Physicalism: A Defense of a Research Program*. New York: Routledge.

## Edited volumes and journal issues

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Elpidorou, A. 2022. *The Moral Psychology of Boredom*. London: Rowman & Littlefield.

Elpidorou, A. 2020. "Neglected Emotions." Special issue of *The Monist*, 103 (2), 135-239.

Elpidorou, A. 2018. "The Character of Physicalism." Special issue of *Topoi. An International Review of Philosophy*, 37 (3).

Dahlstrom, D., Elpidorou, A., W. Hopp. 2015. *Philosophy of Mind and Phenomenology*. New York: Routledge.

Elpidorou, A., & L. Freeman. 2014. "The Phenomenology and Science of Emotions." Special issue of *Phenomenology and the Cognitive Sciences*, 13 (4).

## Journal articles

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Danckert, J., & Elpidorou, A. 2023. "In Search of Boredom: Beyond a functional account." *Trends in Cognitive Sciences*.

Elpidorou, A. 2023. "Jadedness: A philosophical analysis." *Philosophical Studies*, 180: 567–590.

Elpidorou, A. 2022. "Boredom and Cognitive Engagement: A functional theory of boredom." *Review of Philosophy and Psychology*. Online first publication.

Elpidorou, A., & J. Gibson. 2022. "Really Boring Art." *Ergo* 8: 30.

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## Publicly engaged scholarship

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Elpidorou, A. 2023. "Work is Boring—Use it." *Zocalo Public Square*.

Elpidorou, A. 2020. "What Happens If an AI Gets Bored?" *Scientific American*.

Elpidorou, A. 2020. "Boredom and Injustice." *The American Philosophical Association Blog*.

Elpidorou, A. 2020. "A Brief Guide to Boredom." *Psychology Today*.

Elpidorou, A. 2020. "Parenting and Boredom." *Psychology Today*.

Elpidorou, A. 2020. "A Pandemic of Boredom." *Oxford University Press Blog*.

Elpidorou, A. 2017. "Boredom's Push." *Oxford University Press Blog*.

Elpidorou, A. 2015. "The Quiet Alarm." *Aeon Magazine*

## MEDIA INTERVIEWS (SELECTION)

### TV

Great Day Live, WHAS 11 (ABC), interviewed by Terry Meiners and Angie Fenton, 01/2019

### Radio & Podcasts

Harvesting Happiness, interviewed by Lisa Cypers Kamen, 09/2022

Tapestry, CBC, interviewed by Mary Hynes, 04/2021.

Seize the Moment Podcast ("STM Podcast #77: Andreas Elpidorou - How Boredom, Frustration, and Anticipation Lead Us to Growth," December 13, 2020

Real Fiction Radio WERA-FM 96.7 Arlington, VA. Interviewed by Lori Messing McGarry, 09/2020.

The Good Life podcast by The Investor's Podcast Network ("TGL025: Insights into Happiness & The Good Life with Andreas Elpidorou," August 17, 2020

Business Matters, BBC World Service, interviewed by Roger Hearing, 03/2018.

Note to Self (WNYC Podcast), interviewed by Manoush Zomorodi, 08/2017.

Radio New Zealand, "The Value of Boredom," August 15, 2015

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### Print media

The New York Times, The Well Newsletter, interviewed by Melinda Wenner Moyer for "[How to Be Bored, and What You Can Learn From It](#)", 11/2022

Huffington Post [UK], interviewed by Amy Packham for an article on boredom, 04/2020

Nature, "[Why Boredom is Anything But Boring](#)," interviewed by Maggie Koerth-Baker, 01/2016.

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## MEDIA COVERAGE (SELECTION)

The New York Times, The Well Newsletter, "[How to Be Bored, and What You Can Learn From It](#)", by Melinda Wenner Moyer, 11/03/2022.

Lifehacker, "Why You Need Boredom Time Every Week," by Elizabeth Yuko, 02/26/2022.

Vice, "How to Be Bored" by Shayla Love, 12/2020.

Huffington Post [UK edition], "We're Really, Really Bored. But Here's Why We Should Embrace It," by Amy Packham, 04/2020.

Forbes, "[Bored At Work? Science Says That's A Good Thing](#)," by David Sturt and Todd Nordstrom, 05/2018.

Business Insider, "[17 things you should do if you're bored at work](#)", by Rachel Premack, 05/2018.  
New Idea, "[The surprising benefits of doing nothing](#)," 03/2018.

BBC, "[How Moments of Boredom Help Us Achieve More](#)," by Vivian Giang, 07/2017.

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