

ANDREAS ELPIDOROU



ABOUT

I am an academic philosopher and writer who specializes in the philosophical study of human emotions. I have published extensively on **boredom** and advanced a novel theoretical model for understanding its nature and effects.

My work on the function and value of boredom has received worldwide media attention. It has been featured in articles for the New York Times, Washington Post, BBC News, Forbes, Nautilus, Nature, Fast Company, Vogue, Business Insider, and others. I have also made appearances both on the radio and television discussing boredom. In 2020, I published with Oxford University Press, *Propelled: How Boredom, Frustration, and Anticipation Lead us to the Good Life*, a book exploring how boredom, frustration, and anticipation can help us live a meaningful and fulfilling life. In 2025, a new book on boredom, *The Anatomy of Boredom*, is scheduled to be published with Oxford University Press. The book offers a systematic presentation of available research on boredom and provides a sustained argument in support of a functional theory of boredom, one that delineates boredom in terms of its role in our mental, behavioral, and social existence.

CONTACT

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EDUCATION

2002 – 2006
B.S. in Physics (High Distinction)
University of Virginia

2006 – 2013
Ph.D. in Philosophy
Boston University

PROFESSIONAL EXPERIENCE

2023 – present
Director, Liberal Studies Program, University of Louisville

2021 – present
Professor, Department of Philosophy, University of Louisville

2018–2021
Associate Professor, Department of Philosophy, University of Louisville

2015–2018
Assistant Professor, Department of Philosophy, University of Louisville

PUBLICATIONS

Monographs: 2 published + 1 in press + 1 in preparation

Edited works: 5 published + 1 in preparation

Journal articles and book chapters: over 50

Publicly engaged scholarship

My work is pluralistic and interdisciplinary—it appears in high-impact philosophy and psychology journals; it engages with and often challenges cutting-edge work in psychology; and it concerns itself with a variety of issues in philosophy of mind and psychology, moral psychology, metaphysics, phenomenology, and even aesthetics.

PUBLIC SPEAKING

I have been invited to talk about my work in various venues around the world. I regularly present on the character and effects of boredom both for academic and popular audiences.

TEACHING & MENTORING

At the University of Louisville, I teach courses on emotions, the good life, and metaphysics. In my capacity as the **Director of the Liberal Studies Program**, I supervise the **Individualized Major**, assist students in designing their own undergraduate curricula, and host many events and activities for the **Liberal Studies Project**.

I also supervise students (undergraduate and graduate) who are interested in conducting research in my areas of expertise.

My teaching methods have proved successful. I was awarded a Faculty Favorite Award by the Delphi Center for Teaching and Learning at the University of Louisville for the academic years of 2014–15, 2015–16, 2017–18, and 2022–23. I was also recognized as a Student Champion for 2022–23.

MEDIA & IN THE NEWS

I have been interviewed on TV, radio shows, and podcasts, and by reporters for a variety of both print and online publications. My account of boredom has also been featured in articles for the NYT, BBC, Nautilus, Forbes, HuffingtonPost, and many others. Lastly, my book, *Propelled: How Boredom, Frustration, and Anticipation Lead Us to the Good Life*, received a **starred Kirkus review** and is being translated in both Greek and Russian.

AWARDS

In 2024, I have received both the **University of Louisville Distinguished Faculty Award** and the College of Arts & Sciences Distinguished Faculty for Research—Humanities Award. Previously, I was the recipient of a Fulbright Scholarship (2002–6), a Leventis Foundation scholarship (2009–11), and an Earhart Foundation fellowship (2012–13).