NONFICTION

Finding boredom in a world full of distractions

The Joy of Missing Out

JOHANNES DE BREUKER

Europe is considering introducing an age limit for young people on social media. At the same time, adults, too, can't stop mindlessly scrolling, swiping and clicking away. While tech giants sell our attention to the highest bidder, we are gradually losing control over our own time.

To break free from his own screen addiction, author Johannes De Breuker set out in search of the ultimate remedy. He found it in everyday boredom. As a film critic, he immersed himself in the slow-moving films of Sofia Coppola, Richard Linklater and many others, in the hope of reacquainting himself with the forgotten experience of boredom and slowness.

With sharp observations and a healthy dose of irony, the author shows us how we can reclaim our attention by embracing precisely what the digital world has taken from us: boredom. In doing so, he rediscovers the poetry of the everyday.

> A personal, passionate and accessible essay that invites us to look slowly and live mindfully
>
> CUTTING EDGE

AUTHOR

Johannes De Breuker (b. 1988) is an author, editor and curator. For many years, he was a film critic for publications including Knack, and a senior editor at the cultural magazine rekto:verso. In 2021, he co-founded Humbug, an illustrated magazine about film and visual culture. Since 2024, he has been film curator at De Cinema, the cinema of the Museum of Contemporary Art Antwerp (MHKA). He is also an editor and co-publisher at Flaneur uitgevers.
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ORIGINAL TITLE Liever lui dan moe. Flaneur uitgevers, 2026, 161 pp.

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