Being Bored (Turning Points Practice Book , page 26)

Is it a bad/worst thing to be bored? Most people think it is. However, new studies show that being bored can be good for us. Scientists say that some of the good/best ideas come to people when they are bored. The problem is that today there are fewer/the fewest opportunities to be bored than in the past. Today we work the longest/longer hours and have less/the least time to ourselves. We tell people it is good to keep busy because we think being busy makes us more efficient. We often feel lazy/the laziest when we are not doing anything. But, one of the world's most famous/more famous businessmen, Bill Gates, says he makes time to just sit and think. Maybe we should do the same.

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