



Things to Do: When You're on a Long Trip, Waiting Around, or Just Plain Bored

Gini Graham Scott Ph.D.

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Have you gone on a long trip where you have gotten bored while traveling or waiting in an airport or train station? Do you need a quick pickup to help your job search? Want to find new ways to pass the time and amuse yourself when you can't use your cell phone, read, or listen to music? THINGS TO DO features a variety of fun and creative things you can do when you are on a long trip, waiting around, just plain bored. You can do these things by using your imagination, being more perceptive, or experimenting with new ways to interact with others. The chapters include these topics: • Ways to relax • Enjoy yourself and be happy • Work out any problems and challenges • Exercise your imagination • Go on eating adventures • How to see and perceive more • Experience some fun games • Experiment with brain building exercises • Play some guessing games • Discover your psychic abilities • Make plans for the future • Improve your memory • Practice and improve your skills in your mind • Enjoy what you are listening to more • Create your own experiences • And much, much more

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