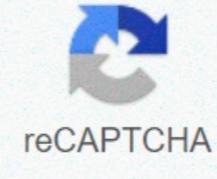




I'm not robot



Continue

Summer reading 2020

Photo: ShutterstockGetting our children to read constantly can be challenging. But considering how the end of the school year has just gone down, you may be especially worried that you need to help them intensify their reading game, at least so they don't slip back in the months leading up to any fall will bring. We've written a bit about reading over the years, so I've curated for you some of our best advice for young children and older children, as well as some tougher tactics overall that we support. For young children, children often love reading. They love each other one by one with their parents or caregivers, they love to flip the pages and read the same books over and over again so they know what comes next. And yet you can still find yourself in a routine, reading the same books at the same time every day. Here are some tactics you can take to refresh the reading experience for both of you (whether you're reading together) or for them (if they go solo):Participating on the summer reading show at my local library was always a big deal when... Reading moreG/O Media can get a commissionBy older kidsOlder kids can be a harder sell when it comes to regular reading time. Around the age of nine, many children stop reading for fun. Their schedules are packed (or, at least, this was true before the pandemic). Adults have stopped reading them. They start to see it as something that is less for personal enjoyment and more like something to be expected of them. But there are still a few things you can do with your older children to keep them reading, even if they're a little unconventional: A national reading survey by Scholastic reveals something they're calling the decline for nine. ... Read moreA any age, fool them a little I'm not saying that you should trick your kids into reading, but I'm saying that reading doesn't just count when words are part of a written book or magazine. My son went through a massive phase of Pokemon during which he would pore over the letters, reading what were honestly quite advanced words and names. When your teacher assigned your class an extra night and weekend reading, we decided that studying your Pokemon cards would count for at least part of that time, especially since you read the facts out loud for us. You can also:Find out what they are at the moment and feed that passion with words. Get books about your favorite sport or theme. Get zombie books or magic books or joke books. Getting them into comics- comics are books, you know. Give them Mad Libs! Read no to feel like a rope, so there is no reason to make it one; it's nice to be a little flexible here. Meet the smartest parents on Earth! Join our parenting Facebook group. Jumping to mainstream content One of the best things about summer is giving yourself permission to spend whole days - weeks even - doing little more than getting in an imposing pile of books. And while there are plenty of new releases out there just asking to be picked up, flipping through, and taken to the beach, this literary season is shaping up to be a particularly stellar one for female author books, both underway and long established. Whether you're looking for a memoir about horse racing in Mongolia or a fictional epic set in the 19th-century American West, there's something out there for every kind of reader (and traveler). Read on to the best women's books to immerse yourself in this summer. All products featured in this story are selected independently by our publishers. However, when you buy something through our retail links, we can earn an affiliate commission. New York Times Magazine writer Taffy Brodesser-Akner has made a name for her completely entertaining, and often totally unforgivable, profiles of the world's most famous celebrities. Now, she's trying her hand at fiction and, so far, she's being incredibly well received. After the chaotic life of newly divorced Toby Fleishman, Fleishman is in trouble spanning Manhattan, the Hamptons and Israel, and is full of juicy and entertaining morsels (racial selfies) and thoughtful insights into modern marriage (how we communicate and, well, how we fail at that). What begins as an entertaining divorce novel becomes something much deeper, just like your celebrity profiles. Buy now: amazon.comElizabeth Gilbert may be best known for her best-selling travel memoir Eat Pray Love, but she is also a dedicated fiction writer, having previously published novels such as Stern Men and The Signature of All Things in addition to her acclaimed nonfiction. Her third and final novel, City of Girls, is a journey torn apart by the New York theatrical world of the 1940s, after 19-year-old protagonist Vivian Morris as she navigates her own sexual awakening in a city hitting her way. Wanting to listen more? Tune into the Women Who Travel podcast to hear Gilbert discuss his writing process behind the book (and life after Food, Pray, Love, of course). Buy now: amazon.comNicole Dennis-Benn first hit our radars in 2016 with her debut novel Here Comes the Sun, which looked at the complex and often agonizing relationships between mothers and daughters, and was considered, in the best possible way, the latest antibeach read by The New York Times. In her follow-up, Dennis-Benn lets us into the life of Patsy, a 28-year-old Jamaican woman who emigrates to the United States, leaving behind her young daughter. It is an immigrant story, for sure, but also a story of love, reinvention and the ways in which these issues are inextricable from the demands and vulnerabilities of being an immigrant in the U.S. Buy now: amazon.com An extraordinary work of narrative nonfiction, Lisa Taddeo's Three Women is nearly a decade into the the eight-year result happened to be embedded in the lives of Maggie, Lina and Sloane, all everyday women living in the United States. The book has already drawn comparisons with similar styles of journalism —Gay Talese and Truman Capote among them—, thanks to its convincing levels of detail and page-turning, real-life plot lines, but Taddeo's inflicted look at gender dynamics in 21st-century America also feels essential in a post-#MeToo world. Beach read this is not, but a lemme-just-read-one-more-chapter that absolutely is. Buy now: amazon.comFor anyone already familiar with New York writer Jia Tolentino, this book release is highly anticipated. On August 6, Tolentino's first collection of essays is filled with sharp, witty and sincere observations about the millennial life we've come to expect from her, from a piece about ecstasy and the Baptist church to a meditation on the moment she appeared as a contestant on the reality show Girls v. Boys: Puerto Rico. Read it by the pool, on a hammock, or on a deck, and then feel safe ringing your friends about how the internet is corroding our lives. Pre-order now: amazon.com If you've already heard our recent book-themed episode of Women Who Travel, then you'll know that Téa Obreht's second novel, Inland, ranks on our must-read list for the summer. Set in the Arizona desert in 1893, the novel is full of magic and myth as it tells the story of Nora, a border woman who leaves her base in search of water. It's set to be an immersive read wherever you are, but we suggest you pack it for an epic road trip through the Southwest. Pre-order now: amazon.comHer twelfth novel, Jennifer Weiner's Mrs. Everything follows two generations of women, starting in 1951 and ending only a few years in the future, in 2022. The book is partly inspired by Weiner's own mother coming out as gay in the mid-1950s, and describes the ups and downs of the woman of the 20th and 21st centuries: the lives we want to lead, the lives we are forced to lead, and all the heartbreaks and lost opportunities in between. Buy now: amazon.com Have you ever considered horse racing through Mongolia? Probably not. But Lara Prior-Palmer did, and luckily for us, she has written a memoir about it. At just 19 years of age, Prior-Palmer participated in the Mongolian Derby, a 621-mile semi-wild horse race that took her across some of the roughest terrain in the country, and made it to the finish line. Charming, conscious and merciful and devoid of clichés, it's just the kind of travel memoir we've been looking for. Buy now: In 2009, author Jean Kwok's brother disappeared while piloting a small plane from Texas to Virginia, and was found dead a week later. Now, a decade later, Kwok has channelled the pain and loss that followed in a new novel, which uses its own parts to weave a plot that takes us from China to the US to the Netherlands. A thriller that explores identity and family issues, more than one Traveler editor has already added it to his summer reading list. Buy Now: amazon.com Last updated on November 18, 2020 If you're saying I feel bored, it's important to realize that boredom and feeling too busy are the same problem. Some people claim that I am being too ambitious trying to attack chronic boredom and employment at the same time. I would say the only way to get them out is simultaneously. The problem stems from how you manage your attention. Both boredom and employment come from the feeling that there is a lack of quality in how you focus your attention. Boredom is feeling that there are too few high quality ways to pass attention. Boredom is forced into boredom. This means that you feel there are high quality ways to pass attention, but your attention is being stolen from you before you can use it. I feel bored: It's in your mindFeelings of boredom and busy are subjective. You can't look out at the world and claim it's busy or boring. To say that these feelings are subjective is obvious, but this misses a key point. The real problem is quality. Being committed, neither busy nor boring, happens when your attention focuses on high quality activities. You can probably remember times when they were completely engaged. This might have been working on a project he was passionate about, spending time with his family, skydiving or vacationing in the sunshine. Why have you committed yourself right now and not in others? A likely reason was because these experiences had a higher quality. They allowed you to enter a state of immersive flow, in which all your consciousness was dedicated to the activity. At best your whole reality revolves around what you're doing. You will understand what I mean if you have read Zen and the art of motorcycle maintenance (which, I must admit, inspired most of these ideas). Improve the quality of your activitiesSo how to improve the quality of your experiences when you are saying I feel bored? I think there are two important ways to do this: externally and internally. If you are chronically busy (and actively dispelling the busy) or boring, then you will need to address external and internal factors that contribute to these negative feelings. Here are a few ways to consider improving quality in your experiences: Externally1. Plan AheadSchedule your life to make sure there are no major gaps or overflows of work later. This can mean scheduling high quality experiences if you find yourself often bored. You can also divide large projects if you are chronically busy. Plan your weekend activities for next month. This not only gives you something to look forward to, but also forces you to stay productive rather than just Plot what you are putting the demands on in your time. Can you consolidate all your busy work (how to reply to email) in a time block instead of allowing you to cause constant interruptions in your day? 2. Win-Win if you have to perform an activity that you think has low quality, you will feel bored. Find ways to reorganize your life so that jobs, tasks and homework can become interesting and high quality experiences. Turn the tasks of mind numbing into opportunities for growth and learning. For example, listen to an audio book or lesson about commuting to work or while cleaning your home.3. Prioritize If you don't manage time, you'll never have enough. There's always more to do than you have time to. Get your values directly so that higher priorities are handled in the first place and your life is not surpassed by the unimportanceless. Establish a vision for your life, and determine how everything you do either contributes or detaches from that vision. Chances are that things that don't align with your vision are some of the same things that bored you. After you identify low priority activities, you can try to make them more meaningful or find ways to remove them.4. Putting quality of experience first is easy to get caught up in external goals that don't deliver on your promises. Focus on goals that will give you higher quality, not just a bigger paycheck or more status to boast about. Set SMART goals (specific, measurable, achievable, relevant and time) that align with the vision of your life.5. Escaping the MotionsHabits are a part of your life, but don't let them become the only thing. Break with your patterns if you are not giving you what you need. Instead of staying, go out and meet new people on a Friday night. Do something to get away from doing the same thing. Schedules to break your routines. I thrive on having a routine most days, but I also give myself opportunities to break from it. Say yes to trying something new. No spice until your day how to try something new. Internally Most ways to improve your quality of experience and conquer boredom are internal. Remember, it's not just what you do, but also how you do it.1. Build an inner world I'm not suggesting you create a complete rift between yourself and reality when you find yourself thinking I feel bored, but also realize that if you can't find quality in your immediate surroundings, you can find it within yourself. Solving internal problems, reviewing knowledge, finding new ideas, creating stories or even planning for the future are all areas you can explore in the mind without any external encouragement. boring moments as opportunities for brainstorming. It is much easier to deal with a humdrum reality if you are able to use time to explore the possibilities within your mind. Mind. You are really at a loss, you can imagine a story about 2-3 of the people and objects around you. This is a great way to exercise your creativity and sharpen your observation skills.2. Look for Quality in the NowTry starting small with some simple questions. What are you doing right now? What can you find to have value for you? Quality searching right now allows you to find even if your environment is naked or overloaded. Activities like waiting in line can become moments of self-reflection or time to remind you of your vision.3. Don't resistBusyness and boredom could also be described as symptoms of resisting what it is. Fully accepting any situation in which you are and taking advantage of it is a way to conquer feeling bored. Resistance is something that can't be done halfway through. Either walk away completely and look for quality elsewhere, or accept your surroundings and find it here.4. Unchain YourselfA lot of mental discomfort is caused because you feel compelled to do something. You have to go to work, study for your test, do this or that. Notice that you don't have to do anything, you just have to accept different results. Freedom is on your mind. It weighs whether the activity that causes your discomfort is essential or expensable. For example, paying your bills is non-businessable, but you can choose to live a more modest lifestyle or actively look for a job you enjoy. Use a mantra to remind you of your freedom. I am free and I have the power to change my circumstances can reinforce the idea that you have options. 5. StopBoredom and feel overloaded are both patterns. These are mental spirals that you run over yourself that backfire on one another. If you just interrupt yourself for a few minutes and think more deeply about the problem, you can often come up with a good independent answer to these suggestions. Meditate your way out of boredom. Sometimes boredom and employment are caused by feeling disconnected from what you are doing. Use meditation to land yourself in the present. You can learn to meditate here. Take a practice of gratitude. Every time you feel too bored or too busy, stop thinking about all the things that go right. Being able to say simply, I got out of bed this morning, and I have food to eat, help take stock of your blessings. The boredom and occupying of bottom lineAs arise from the same source, the same strategies can be used to address them and find a sweet spot of a balanced mindset. Find high quality activities when you start saying I feel bored, and you'll be surprised how quickly you can turn things around. More tips on fighting boredom Photo Credit: Siddharth Bhogra via unsplash.com unsplash.com