

How to Conquer Boredom

So the interesting thought is, it's actually not pain misery depression, anxiety fear, lack of joy whatever which is the worst pain in existence... But ironically, it is a "via negativa" one --> boredom?

supreme robusta 100%

So one of the best ways to conquer boredom, for the strong man you need strong stimulants. 100% fine robusta, 100% supreme Robusta coffee.

The general idea is Robusta coffee is at least twice as caffeinated... and gets you a faster kick in the pants when you start in the day.

Autotelic goals

So a lot of people have certain goals whether they be financial economical or success based, based on metrics. However, the true thing to track is, your own autotelic specifications.

For example for myself, honestly at this point... The only thing I care for is, the desire to wake up, and feel inspired. Or at least have interesting thoughts, thoughts that I could jot down, thoughts that I could share.

If anything I actually had this interesting vision is, maybe before I came to Phnom Penh Cambodia for the summer... I've actually honestly been maybe more bored in LA. That life in America is pretty boring. There's nothing really there to aspire towards... besides basic consumerist desires and or goals.

A greater vision

I felt this very strongly when I was in Vietnam mostly, when I first had my first philosophical awakening, knowing that just with \$500 US a month, I could live indefinitely like a king. Being in Phnom Penh Cambodia is actually similar... Because there are fewer distractions ... you could focus more on your true talents your true core competencies, things that only you could do on the planet?

Like for example... I think maybe the things in which I could really deliver to mankind is like this combination philosophy life, aesthetics, life goals, practical and functional philosophy stoicism, etc. practical matters, that could help individual individuals thrive on a day to day.

Perhaps the truth is, my economic value that I could deliver to society is less, but the upside is... My philosophical value is more?

This is also the difficult thing... If you think about planetary global capital, the truth is, he or she with the most economic power is actually the most powerful. Yet, if he truly think more critically about capital... Once you could purchase seven Rolls-Royce is all in different colors, without concern, or once you purchase a Bugatti Chiron or whatever ,, , apparently Cambodia has the largest number of Koenesigg cars in Asia ,, , then what?

Beyond Capital

So once again... There are many virtues of capitalism in terms of freedom, opportunity choice, etc. Yet I think the difficult and tricky nuance is, are there certain limits? Or a certain number in which you could maximize the upside while minimizing the downside?

In America, enough is never enough. In Asia Southeast Asia, Cambodia... Even \$2000 a month or \$5000 a month or \$10,000 a month is like infinitely more than you will ever need. I feel like in America, even earning \$20,000 a month USD... It's kind of like middle class upper middle class income at this point assuming you live in a big city.

Startup Capital and costs

Have you talked to any ambitious 23 year-old... As I have here in Cambodia ,, it is pretty awesome. For only like \$5000-\$10,000.... you could start a fully fledged business like opening up a hot yoga studio, hiring programmer for your new tech software startup etc. Rent for a studio is only like \$200 a month or something.

So the first thought is... Startup costs for America is just too obscenely high. I frankly think it is too risky, especially when a physical studio space might cost five to \$10,000 a month.

Otium

So Seneca the philosopher, and all the wise Stoic sages... what is it that they all desired? They wanted creative leisure, peace of mind, peace of soul.

Because the truth is, if your mind is always preoccupied by business, random matters etc.... You will never get the razor like clarity and supreme focus and concentration you need in order to philosophize. So a simple thought:

Does this ADD or SUBTRACT from my focus and concentration?

I think like almost 100% of politics, social matters that do not include your own bloodline,.. certainly social media and entertainment is like beneath you.

The way to think like a philosopher is to think lofty, once again, you kind of do need to be a little bit pompous and high minded in order to focus.

Abroad

Physical spaces and thinking differently.

I do honestly believe that coming to Asia or just somewhere that is radically different is a great undulation to get your mind going. Because, certain routines and habits that we have back home make it difficult for us to break outside the box, and also think outside the box. Once again being here in Cambodia, I feel like I've gained at least three or four hours a day because life is so much more straightforward and simple.

satisfaction?

I think the best marker success is... Whether you go to sleep tonight, feeling successful and triumphant, and that you maximize your creative abilities in a meaningful matter? Let this be in her scorecard and measure for success!

ERIC

WORK WITH ERIC

TO sharpen your thinking and your soul, if you wanna book a private one-on-one with me, email me at eric@erickim.com

WORKSHOPS

- [zen Tokyo, August 8-9th 2026](#)
- [NYC Sept 26-27th workshop. CONQUER STREET PHOTO WORKSHOP - New!](#)

Also, I'll be in Hong Kong July 29 to August 3, and Tokyo August 3-17.

For a private 1:1 street photo workshop around my location or dates email eric@erickim.com

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