



Mark A. Hawkins

AUTHOR

Mark A. Hawkins, Ph.D., is a clinical counsellor, philosopher, and author of the new book **The Mismatched Human: Our Fight for a Meaningful Existence**.

Dr. Hawkins has been interviewed for his ideas in his first book, **The Power of Boredom: Why boredom is Essential for a Meaningful Life**, by **The New York Times**, **The Daily Telegraph**, and several other news and podcast stations.

His books are relatable yet filled with philosophical insights. His topics are based on themes that have emerged while working with youth and adults of diverse cultural and socio-economic backgrounds, gender expressions, and psychological struggles.

Dr. Hawkins has a Master of Counselling from City University of Seattle and a Doctorate in Philosophy of Education from Simon Fraser University. He has over 20 years of experience working with the public as an educator and counsellor for children, youth, and adults.

His research focuses on interdisciplinary understandings of meaning and purpose as they relate to human wellbeing. His article entitled Albert Camus, Ernest Becker, and the Art of Living in Existential Paradox has been published in the Journal of Humanistic Psychology.

Mark can usually be found messing up his home with books and articles, trying new Korean food recipes, hiking up a mountain, or watching some sci-fi or fantasy show. He lives in Canada with his wife.

"In **The Power of Boredom**, Mark Hawkins takes a fresh and meaningful approach to the topic, and shows us what we risk not by being bored, but by trying to avoid it."

-Terri Trespicio, author of **Unfollow Your Passion**

"Hawkins' book is written with a straight-forward and humorous style that speaks to the various aspects of boredom as well as the benefits of feeling profound boredom. I would recommend this book to anyone who wants to live a more meaningful life."

-Park Chan-Kuk, Professor of Philosophy, Seoul National University