

# Contents

Preface: Life Is Not a Game	ix
1. Everywhere, Playgrounds	1
2. Ironoia, the Mistrust of Things	27
3. Fun Isn't Pleasure, It's Novelty	57
4. Play Is in Things, Not in You	91
5. From Restraint to Constraint	121
6. The Pleasure of Limits	155
7. The Opposite of Happiness	205
Conclusion: Living with Things	225
<i>Acknowledgments</i>	237
<i>Notes</i>	239
<i>Index</i>	251