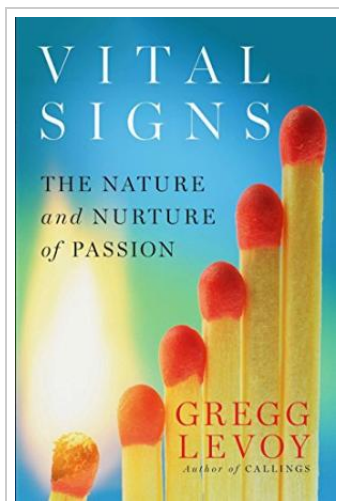




Vital Signs: The Nature and Nurture of Passion (Hardback)

By Gregg Levoy

Tarcher/Putnam, US, United States, 2015. Hardback. Condition: New. Language: English . Brand New Book. Discover or rediscover your passion for life. What inspires passion in your life? And what defeats it? How do you lose it and how do you get it back? In this exuberant and compelling book, Gregg Levoy, best-selling author of *Callings*, explores how you can cultivate not just a specific passion, but passion as a mindset---a stance ---that helps bring vitality to all your engagements, from work and relationships to creativity and spiritual life. *Vital Signs* examines the endless, yet endlessly fruitful, tug-of-war between passion and security in our lives, the wild in us and the tame, our natural selves and our conditioned selves, and shows us how to stay engaged with the world and resist the downward-pulling forces that can drain our aliveness. *Vital Signs* also encourages courageous inquiry into our dis -passion---where we re numb, depressed, stuck and bored in our lives----so that we can rework these tendencies in ourselves and claim our rightful inheritance of vitality. What you ll learn: Passion can be cultivated. Turned on as well as turned off. And this happens most readily at the level of the gesture and the...



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Reviews

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