



# Vital Signs: The Nature and Nurture of Passion

*Gregg Levoy*

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# Vital Signs: The Nature and Nurture of Passion

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**Vital Signs: The Nature and Nurture of Passion** Gregg Levoy

**Rediscover—or discover for the first time—the things that make you passionate in life**

*Vital Signs* is about what inspires passion and what defeats it. How we lose it and how we get it back. And ultimately it's about the endless yet endlessly fruitful tug-of-war between freedom and domestication, the wild in us and the tame, our natural selves and our conditioned selves. Each chapter in *Vital Signs* will contain a core sample, an intimate biography of one of the strategies we employ to gain or regain our passion. The book also affirms the importance of courageous inquiry into *dispassion*—where we're numb, depressed, stuck, bored—so the reader can recognize and change these tendencies in themselves.

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