



Vital Signs: Discovering and Sustaining Your Passion for Life

Gregg Levoy

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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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