



# Exuberance: The Passion for Life

*Kay Redfield Jamison*

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## **Exuberance: The Passion for Life** Kay Redfield Jamison

With the same grace and breadth of learning she brought to her studies of the mind's pathologies, Kay Redfield Jamison examines one of its most exalted states: exuberance. This "abounding, ebullient, effervescent emotion" manifests itself everywhere from child's play to scientific breakthrough and is crucially important to learning, risk-taking, social cohesiveness, and survival itself. **Exuberance: The Passion for Life** introduces us to such notably irrepressible types as Teddy Roosevelt, John Muir, and Richard Feynman, as well as Peter Pan, dancing porcupines, and Charles Schulz's Snoopy. It explores whether exuberance can be inherited, parses its neurochemical grammar, and documents the methods people have used to stimulate it. The resulting book is an irresistible fusion of science and soul.

*From the Trade Paperback edition.*

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