

Passionately Successful Making the Most of Ambition and Happiness

Cutting edge science now shows that when we pursue our passions in the correct way, we can realize the highest levels of personal and professional success.

In this talk, Daniel Lerner defines two types of passion: harmonious, and obsessive. When you're harmoniously passionate, you not only love what you do, but you are more focused, energetic, and productive, and live a far more fulfilling life. Conversely, obsessive passions are marked by a compulsive, dogged pursuit of achievement, leading to guilt, shame, pessimism, unhappiness, and, far too often, early burnout.

Drawing on a diverse cast of iconic cultural figures—from Richard Branson to Ellen DeGeneres, Nelson Mandela to Kanye West—Lerner illuminates the difference between healthy and dangerous passions, how and why to ignite, explore, and stoke your healthy ones, and even how to find passion in work that you may have given up as passionless long ago. And if you've fallen into patterns of blind obsession, Lerner helps you transition out. Ultimately, this keynote is a fiery, fun, and practical primer on how to live a successfully passionate (and passionately successful!) life.