

***Exuberance: The Passion for Life*, by Kay Redfield Jamison**

“I believe exuberance is incomparably more important than we acknowledge. If, as has been claimed, enthusiasm finds the opportunities and energy makes the most of them, a mood of mind that yokes the two of them is formidable indeed.”

“The Greeks bequeathed to us one of the most beautiful words in our language—the word ‘enthusiasm’—*en theos*—a god within. The grandeur of human actions is measured by the inspiration from which they spring. Happy is he who bears a god within, and who obeys it.”—Louis Pasteur

“Exuberance is, at its quick, contagious. As it spreads pell-mell through a group, exuberance excites, it delights, and it dispels tension. It alerts the group to change and possibility.”

“A leader is someone who creates infectious enthusiasm.”—Ted Turner

“‘Glorious’ was a term [John] Muir would invoke time and again ... despite his conscious attempts to eradicate it from his writing. ‘Glorious’ and ‘joy’ and ‘exhilaration’: no matter how often he scratched out these words once he had written them, they sprang up time and again ...”

“To meet Roosevelt, said Churchill, ‘with all his buoyant sparkle, his iridescence,’ was like ‘opening a bottle of champagne.’ Churchill, who knew both champagne and human nature, recognized ebullient leadership when he saw it.”

“At a time of weakness and mounting despair in the democratic world, Roosevelt stood out by his astonishing appetite for life and by his apparently complete freedom from fear of the future; as a man who welcomed the future eagerly as such, and conveyed the feeling that whatever the times might bring, all would be grist to his mill, nothing would be too formidable or crushing to be subdued. He had unheard-of energy and gusto ... and was a spontaneous, optimistic, pleasure-loving ruler with unparalleled capacity for creating confidence.”—Isaiah Berlin on FDR

“Churchill had a very powerful mind, but a romantic and unquantitative one. If he thought about a course of action long enough, if he achieved it alone in his own inner consciousness and desired it passionately, he convinced himself it must be possible. Then, with incomparable invention, eloquence and high spirits, he set out to convince everyone else that it was not only possible, but the only course of action open to man.”—C.P. Snow

“We are all worms. But I do believe that I am a glow-worm.”—Churchill on Churchill

“The multitudes were swept forward till their pace was the same as his.”—Churchill on T.E. Lawrence

“He brought back a real joy to music.”—Wynton Marsalis on Louis Armstrong