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Sommario/riassunto	This book explores the concept of 'Passion' as a strong motivational force that can increase well-being and quality of life. The authors focus on the importance of having passion in various areas of life, to increase well-being, life satisfaction, and promote meaning in life. They go on to present how we can find and increase passion, supported by various psychological theories and research. Finally, the authors connect passion to expertise. They argue that it is essential to maintain passion during the process that leads to expertise, which is characterized as a long and demanding process that can be associated with negative consequences.