



## Exuberance

*Paul Kurtz*

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Paul Kurtz

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Happiness is within everyone's grasp and is only a matter of making the right choices. Taking destiny into one's own hands and having the creative audacity to strive, seek, and meet challenges is the essence of life's drama and exaltation. Life per se has no meaning; it only presents opportunity to be seized and acted upon, thus paving the way for personal achievement and the full life.

Paul Kurtz, in *Exuberance*, shows his readers how to banish drudgery from life and how to find happiness in the active life. Drawing upon his personal experience, knowledge, and success, Kurtz explains his philosophy of life, discussing learning and work, pleasure, eroticism and sexuality, morality, the need for love and friendship, and participation in contemporary issues. He suggests that self-power, resourcefulness, daring, creativity, and intelligence help guide and control one's life in spite of the many obstacles along the way. Only the individual can initiate his own success and therefore can take pride in accomplishing what he sets out to do.

*Exuberance* also shows the reader how to cope with an ambiguous world. Life is charged with unexpected events and bizarre happenings. It is filled with richly diverse and idiosyncratic characters. Constant effort and exertion is needed in making a living, meeting new friends, falling in love, raising children, seeing projects through, and coming to terms with old age and death. Dealing with these problems directly rather than fleeing from life's risks reinforces a person and leads him towards an exuberant, rich, zestful life.

According to Dr. Kurtz, the fulfillment of one's own purpose is in creating one's own ends and expending the power and energy to attain them. Thus, life's great sin, he suggests, is being lazy and noncreative.

*From the Trade Paperback edition.*

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