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Verena Kast

## Access to Liveliness

Interest and Boredom as Creative Forces

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- The only book devoted to the emotions of interest and boredom
- Case studies from real life
- By bestselling author Verena Kast

Interest is such a "normal" emotion that it is usually not even perceived as such. But it has an enormous significance for our psyche. Passionate interests result in devotion, dedication and commitment. If interest is lacking, boredom comes into play. Boredom is unpleasant, but the right approach to it can turn it into a source of creative energy – because boredom challenges a passion for life. The renowned Jungian analyst Verena Kast describes this in her book: interest and boredom are emotions that make us feel alive.

### About the author

Verena Kast is a former Professor of Psychology at the University of Zurich, Switzerland. Today she is a lecturer and teaching analyst at the C. G. Jung Institute in Zurich, as well as a psychoanalyst in private practice. She has published numerous books on subjects including emotional psychology, principles of psychotherapy, and the interpretation of fairy tales and dreams. Her works – many of them long-sellers – have been translated into numerous languages.



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