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Category: Careers

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Description

In this eye-opening account, Cal Newport debunks the long-held belief that "follow your passion" is good advice. Not only is the cliché flawed—preexisting passions are rare and have little to do with how most people end up loving their work—but it can also be dangerous, leading to anxiety and chronic job hopping. After making his case against passion, Newport sets out on a quest to discover the reality of how people end up loving what they do. Spending time with organic farmers, venture capitalists, screenwriters, freelance computer programmers, and others who admitted to deriving great satisfaction from their work, Newport uncovers the strategies they used and the pitfalls they avoided in developing their compelling careers. Matching your job to a preexisting passion does not matter, he reveals. Passion comes after you put in the hard work to become excellent at something valuable, not before. In other words, what you do for a living is much less important than how you do it.

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Publishers Weekly Review

May 28, 2012 – Countless experts have argued that following your passion is the key to career success and bliss in life. In his lively and engaging first book, Newport (who at the time of writing was an MIT computer science doctoral student and active blogger) debunks this assertion as clichéd, unrealistic, and possibly even destructive. He offers an alternative view that passion takes time and, in fact, is a side effect of being good at what you do. Developing mastery takes study, discipline, and repetition, Newport notes, and many compelling careers have “complex origins.” Drawing on real-life examples of individuals including Apple Computer founder Steve Jobs, a Silicon Valley venture capitalist, operators of a Community Supported Agriculture (CSA) program, and a Harvard professor, and others, Newport examines how meaning, mastery, and passion can emerge in a variety of careers depending on how they are approached. This refreshing view encourages readers to make reasonable choices, buckle down and put in the time, and through trial and error hone their “career capital.” Written in an optimistic and accessible tone, with clear