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Book Summary Flow The Psychology Of Optimal

The book talks about the state of "flow", or optimal experience. It is basically a state of mind where one is so involved in activity "that nothing else matters."

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I studied psychology in my undergrad, graduating with high Bs and As. So I was surprised that I had a hard time following this book.

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Flow: The Psychology of
Optimal Experience teaches
how, by ordering the
information that enters our
consciousness, we can
discover true happiness,
unlock our potential, and

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greatly improve the quality of our lives. "Explores a happy state of mind called flow, the feeling of complete engagement in a creative or playful activity." -Time

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The author uses the term “optimal experience” to describe those occasions where we feel a sense of exhilaration, a deep sense

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of enjoyment, which we
cherish for long and that
becomes a landmark in...

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investigations of "optimal experience" have revealed that what makes an experience genuinely satisfying is a state of consciousness called flow. During flow, people typically experience deep

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enjoyment, creativity, and a
total involvement with life.

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Summary of Flow: The
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Flow is the state of total immersion while doing an activity. Flow comes from the intense concentration around your own actions and their immediate feedback. Think of

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a painter who carefully
observes how straight his
lines are or the accuracy of
his colors.

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Free download or read online Flow: The Psychology of Optimal Experience pdf (ePUB) book. The first edition of the novel was published in January 1st 1990, and was written by Mihaly Csikszentmihalyi. The

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book was published in multiple languages including English, consists of 303 pages and is available in Paperback format.

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likes. Like “The foremost
reason that happiness is so
hard to achieve is that the
universe was not designed

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with the comfort of human
beings in mind." – Mihaly
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investigations of "optimal experience" have revealed that what makes an experience genuinely satisfying is a state of consciousness called flow. During flow, people typically experience deep

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enjoyment, creativity, and a total involvement with life.

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In positive psychology, a flow state, also known

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colloquially as being in the zone, is the mental state in which a person performing some activity is fully immersed in a feeling of energized focus, full involvement, and enjoyment in the process of the

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activity. In essence, flow is characterized by the complete absorption in what one does, and a resulting transformation in one's sense of time.

Flow (psychology) -

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His popular 1990 book Flow:
The Psychology of Optimal
Experience is based on the
premise that happiness
levels can be shifted by
introducing flow. Happiness
is not a rigid, unchanging

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state, Csikszentmihalyi has argued. On the contrary, the manifestation of happiness takes a committed effort.

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Flow has become the classic work on happiness and a major contribution to contemporary psychology. It examines such timeless issues as the challenge of lifelong learning; family relationships; art, sport

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and sex as 'flow'; the pain
of loneliness; optimal use
of free time; and how to
make our lives meaningful.

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Psychologist Mihaly

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Csikszentmihalyi's famous investigations of "optimal experience" have revealed that what makes an experience genuinely satisfying is a state of consciousness called flow. During flow, people

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typically experience deep enjoyment, creativity, and a total involvement with life.

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The bestselling introduction
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shows readers how to improve the quality of life. "The way to happiness lies not in mindless hedonism, but in mindful change."--New York Times Book Review

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Flow: The Psychology of
Optimal Experience teaches
how, by ordering the
information that enters our
consciousness, we can
discover true happiness,

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unlock our potential, and greatly improve the quality of our lives. Explores a happy state of mind called flow, the feeling of complete engagement in a creative or playful activity.

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