

Flow: The Psychology of Optimal Experience (Harper Perennial Modern Classics)

Content

Flow: The Psychology of Optimal Experience (Harper Perennial Modern Classics) by Mihaly Csikszentmihalyi.

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THE BESTSELLING CLASSIC ON CONCEPT OF 'FLOW' - THE KEY TO UNLOCKING MEANING, CREATIVITY, AND TRUE HAPPINESS

Psychologist Mihaly 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 typically experience deep enjoyment, creativity, and a total involvement with life. In this new edition of his groundbreaking classic work, Csikszentmihalyi ("the leading researcher into 'flow states'" —*Newsweek*) demonstrates the ways this positive state can be controlled, not just left to chance. *Flow: The Psychology of Optimal Experience* teaches how, by ordering the information that enters our consciousness, we can discover true happiness and greatly improve the quality of our lives.

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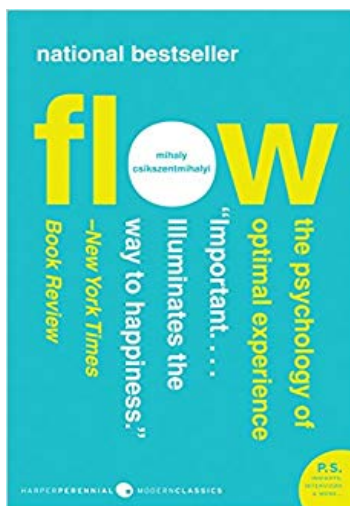
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