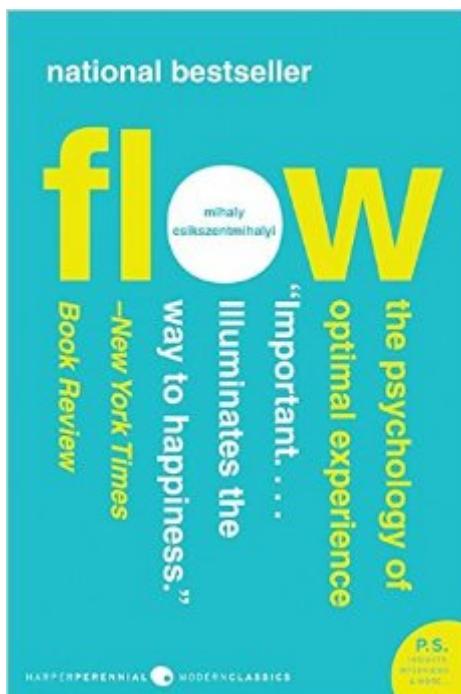


The book was found

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



## Synopsis

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 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.

## Book Information

Series: Harper Perennial Modern Classics

Paperback: 336 pages

Publisher: Harper Perennial Modern Classics; 1 edition (July 1, 2008)

Language: English

ISBN-10: 0061339202

ISBN-13: 978-0061339202

Product Dimensions: 5.3 x 0.8 x 8 inches

Shipping Weight: 13.4 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 starsÂ  See all reviewsÂ  (485 customer reviews)

Best Sellers Rank: #1,854 in Books (See Top 100 in Books) #19 inÂ  Books > Health, Fitness & Dieting > Psychology & Counseling > Personality #37 inÂ  Books > Health, Fitness & Dieting > Mental Health > Happiness #329 inÂ  Books > Self-Help

## Customer Reviews

If anyone is seeking a "recipe" for "optimal experience" do not read this book. This book is not a step-by-step self-help guide. Neither is it a pedantic overview of psychological studies replete with statistical analyses, i.e., hard data, proving "flow" exists. The simplest way to summarize this book is, it describes how different people create meaning in life with full intention and focus and thereby achieve an ongoing state of satisfaction and sense of fulfillment. The book begins with an overview of how people define and achieve happiness. Essentially, the author contends, most people are not happy because the universe was not created to make us happy but on the contrary, it serves to frustrate us and help us grow ... The primary focus of this book is to show us that "flow" states happen to people despite the challenges of the universe, it happens to people from all walks of life, from all cultures, throughout the world. Flow is a state of consciousness which can be achieved on

an individual path. It also has common elements which anyone who is experiencing the state can identify. The author examines the common experiences which people who are in a state of "flow" describe. It seems people who are in "flow" achieve a state of consciousness that is in harmony with their surroundings and feelings. They do not make distinctions between work and play ... people in "flow" create an inner state of being that brings them peace and fulfillment that is separate from their external environment. They are focused, what they do is meaningful and has purpose, they are absorbed in their activities and they have a sense of connection to their inner self and and also with others. The state called "flow" pertains to enjoyment and satisfaction with one's quality of life.

[Download to continue reading...](#)

Perennial Flowers: A Gardening Primer (Perennial Flowers, Perennial Gardening, Perennial Gardens, Perennial 101, Perennial Plants, Perennials For Beginners) Flow: The Psychology of Optimal Experience (Harper Perennial Modern Classics) Perennial Vegetables: Vegetable Gardening: 21 Vegetables to Plant Once and Harvest Forever (Perennial Vegetables, Perennial Plants, Gardening, Gardening ... Garden Vegetables, and Vegetable Gardening) The Illustrated Man (Harper Perennial Modern Classics) Democracy in America (Harper Perennial Modern Classics) Leadership (Harper Perennial Political Classics) Poetry, Language, Thought (Harper Perennial Modern Thought) Being and Time (Harper Perennial Modern Thought) On Disobedience: Why Freedom Means Saying "No" to Power (Harper Perennial Modern Thought) The Question Concerning Technology, and Other Essays (Harper Perennial Modern Thought) Psychology: Social Psychology: 69 Psychology Techniques to Influence and Control People with Communication Tricks, NLP, Hypnosis and more... (Psychology, ... NLP, Social Anxiety, Cognitive Psychology) Grave Sight (Harper Connelly Mysteries, Book 1) (Harper Connelly series) Flow in Sports: The keys to optimal experiences and performances Teach'n Beginning Offensive Basketball Drills, Plays, and Games Free Flow Handbook (Series 4 Free Flow books 25) Light Scattering, Size Exclusion Chromatography and Asymmetric Flow Field Flow Fractionation: Powerful Tools for the Characterization of Polymers, Proteins and Nanoparticles The Family Crucible: The Intense Experience of Family Therapy (Perennial Library) Generative Trance: The experience of Creative Flow The True Believer: Thoughts on the Nature of Mass Movements (Perennial Classics) Cheaper by the Dozen (Perennial Classics) Our Town: A Play in Three Acts (Perennial Classics)

[Dmca](#)