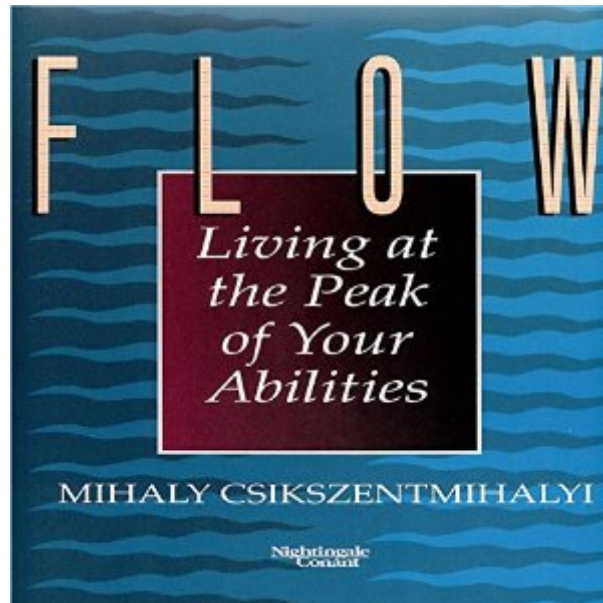


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# Flow: Living At The Peak Of Your Abilities



## Synopsis

In flow, everyday experience becomes a moment by moment opportunity for joy and self-fulfillment. Flow is the brain-child of a fascinating psychologist, Mihaly Csikszentmihalyi, a renowned social scientist who has devoted his life's work to the study of what makes people truly happy, satisfied and fulfilled. While much of the study of psychology investigates disorders of the human mind, Dr. Csikszentmihalyi takes a different route. He focuses on the noble side of human nature, our capacity for living a life of integrity, courage, and perseverance. With his landmark research on flow, he reveals what he considers beautiful in life, ways of being and behaving that make people happy, satisfied and delighted to be alive. His insights into the "flow experience" show ways to lessen stress, fear and anxiety while increasing feelings of challenge, joy and excitement. The revolutionary findings of Mihaly Csikszentmihalyi's Experience Sampling Method offer unprecedented information about the specific ways we can turn life into a continuous high quality experience. You'll discover how anyone can enrich his or her quality of life simply by learning how flow occurs and what it feels like. You'll learn about the key elements of the flow experience including: why it is important to know what you want to do in any given moment specific activities you can do that produce flow easily and naturally how to improve your experience of work so you feel in control and rewarded by it keys to harnessing the power of concentration the difference between pleasure and enjoyment (only one leads to personal growth) how to match challenges with skills to avoid boredom and frustration and maximize enjoyment Once you experience the exhilaration of the "flow" state of being, you'll want to return again and again.

## Book Information

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## 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 also with others. The state called "flow" pertains to enjoyment and satisfaction with one's quality of life.

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