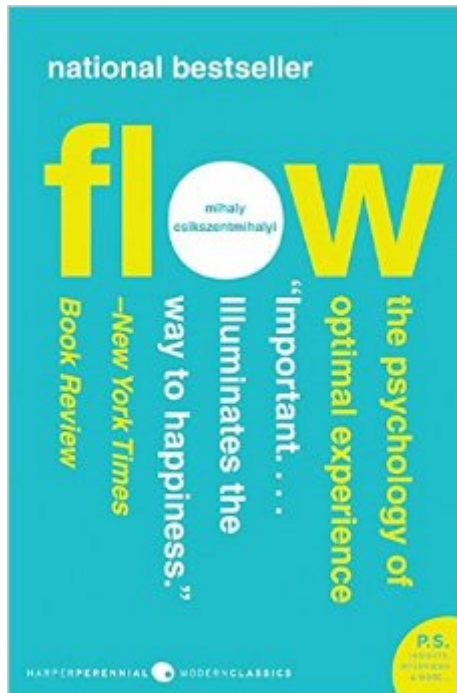


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# Flow: The Psychology Of Optimal Experience (Harper Perennial Modern Classics)



## 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

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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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