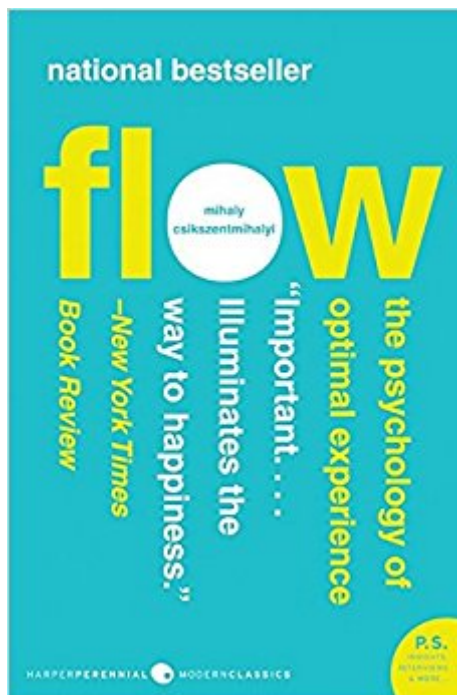




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Flow: The Psychology Of Optimal Experience (Harper Perennial Modern Classics)



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

You have heard about how a musician loses herself in her music, how a painter becomes one with the process of painting. In work, sport, conversation or hobby, you have experienced, yourself, the suspension of time, the freedom of complete absorption in activity. This is "flow," an experience that is at once demanding and rewarding--an experience that Mihaly Csikszentmihalyi demonstrates is one of the most enjoyable and valuable experiences a person can have. The exhaustive case studies, controlled experiments and innumerable references to historical figures, philosophers and scientists through the ages prove Csikszentmihalyi's point that flow is a singularly productive and desirable state. But the implications for its application to society are what make the book revolutionary. --This text refers to an out of print or unavailable edition of this title.

"An intriguing look at the age-old problem of human happiness." -- --Library Journal"Documents a set of scientific discoveries about human nature that actually illuminates the life experiences of all persons." -- --Howard Gardner, author of Frames of Mind"It rethinks what motivates people." -- --Newsweek --This text refers to an out of print or unavailable edition of this title.

gave one as gift and then ordered a second for myself. I like this authors work

This is a very thought provoking book apparently solidly based on published research. It is neither a self-help book nor a how-to book in my estimation. I plan to reread it and to share with others in my circle of friends as "food for thought" about issues on all of our minds related to choices in life. I also plan to read the author's academic articles and will comment following that. I am not a psychologist but a researcher in physical science so want to read the foundational work just for more background. At this time I highly recommend this book but am not qualified to rate it as scientific work. It would be interesting to see reviews from the field of psychology research.

I would recommend this to everyone that wants to find a purpose in life, it will not tell you what it is, but it will give you the set of tools you need to identify it when you come across it.

Devoured this book! Well written and thought-provoking although there were a couple of places that I didn't agree upon. Recommend this highly.

I found the book to be very though provoking, and overall a very easy read. Would highly recommend for those who have a inclination into the psychology of life.

The theme of this book argue that we can be fully autotelic to find a satisfaction which will lift us above the sea of random events we cannot control. We are social animals, after all. I would doubt if we can really live against the expectation of social values or poverty to follow the inner call on its own terms. This is an ambitious thesis that the book author cannot finish proving. But I appreciate the beauty of the thesis and the piecemeal anecdotes all over the book.

A good way to gain understanding into how and why we "get into the zone"

While reading the book I found myself underlining almost every sentence. Very insightful stuff. But now, 6 months after having finished reading the book, I find myself not "remembering" anything about the book. Or in other words, there was hardly anything that one could implement into their daily lives. But it obviously is not meant to be a self-help book, and thus I would highly recommend it to anyone with an even slightest interest in psychology. Mihaly is clearly an expert. He knows the subject under review extremely well.

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