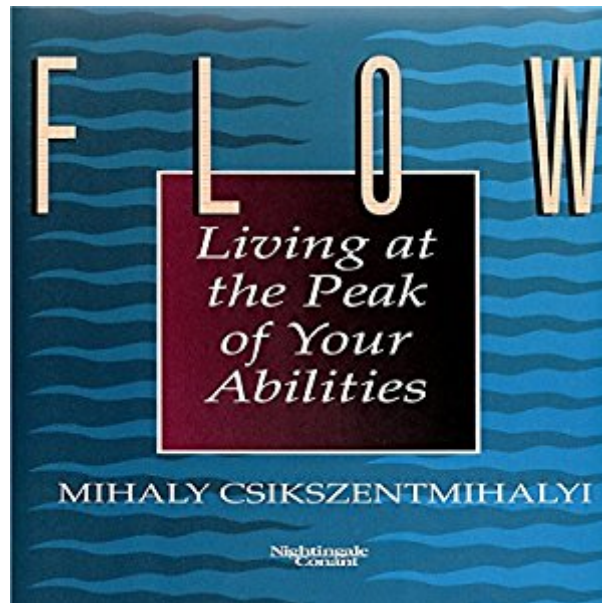




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Flow: Living At The Peak Of Your Abilities



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

Audible Audio Edition

Listening Length: 5 hours 31 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Nightingale-Conant

Audible.com Release Date: January 6, 2015

Language: English

ASIN: B00RVRICW8

Best Sellers Rank: #37 in Books > Audible Audiobooks > Nonfiction > Reference #42

in Books > Health, Fitness & Dieting > Psychology & Counseling > Personality #92

in Books > Audible Audiobooks > Health, Mind & Body > Psychology

Customer Reviews

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 nothing 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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