



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

By Mihaly Csikszentmihalyi

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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.

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Editorial Review

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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.

Review

"Elegantly written...it is more relevant than ever" The Times "Mr Csikszentmihalyi illuminates the accuracy of what philosophers have been saying for centuries: that the way to happiness lies not in mindless hedonism but in mindful challenge" The New York Times

About the Author

Mihaly Csikszentmihalyi is a professor at Claremont Graduate University and former chair of the Department of Psychology at the University of Chicago. His previous books include *The Evolving Self* and the national bestseller *Flow*.

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