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research into what he calls "flow" - the state of being absorbed in an activity; be it work, a hobby or a relationship - and how such experiences form the basis of a rich life.

Finding Flow: The Psychology of Engagement with Everyday ...

Finding Flow is a more engaging and practical view of the ideas

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introduces in *Flow: The Psychology of Optimal Experience*. Definitely trading the fine line between good general psychology book and self-help.

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of being absorbed in an activity; be it work, a hobby or a relationship - and how such experiences form the basis of a rich life.

Finding Flow: The Psychology Of Engagement With Everyday ...

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Summary - Finding
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of Engagement with
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book answers the

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questions: “what is a good life”, “how anyone can create an excellent life” and “how to transform every day activities into an opportunity for engagement, enjoyment and growth.”. In this summary, we’ll give a synopsis of the book, explain why happiness alone isn’t enough, and how to find “flow” to create true excellence and quality of life.

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**Book Summary -
Finding Flow: The
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Finding Flow: The Psychology of Engagement ...

FINDING A GOAL. Flow is a source of mental energy in that it focuses attention and motivates action. Like other forms of energy, it can be used for

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constructive or
destructive purposes.

Everyday Life

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Finding Flow by Mihaly
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Summary. January
2013. in Bookshelf,
Mental Sandbox,

Notes. The idea of flow
is popular in the online
productivity, life-
hacking blogosphere.

Being in a state of flow
is when you're fully
immersed in a specific

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task with a seemingly inexhaustible amount of focus. Five hours may zip by and you hardly even notice.

Csikszentmihalyi

Finding Flow by Mihaly

Csikszentmihalyi - Summary

Synopsis. Part psychological study, part self-help book, Finding Flow is a prescriptive guide that helps us reclaim ownership of our lives.

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Based on a far-reaching study of thousands of individuals, Finding Flow contends that we often walk through our days unaware and out of touch with our emotional lives. Our inattention makes us constantly bounce between two extremes: during much of the day we live filled with the anxiety and pressures of our work and obligations, while

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during our leisure ...

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Isabella, and Mark and

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Revisited 1

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of Discontent 8 The

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Reclaiming Experience
16 Paths of Liberation
20

Mihaly

Flow - Blogs@Baruch

His popular 1990 book
Flow: The Psychology
of Optimal Experience
is based on the
premise that happiness
levels can be shifted by
introducing flow.

Happiness is not a
rigid, unchanging
state, Csikszentmihalyi
has argued. On the

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contrary, the
manifestation of
happiness takes a
committed effort.

8 Ways To Create Flow According to Mihaly

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Part psychological
study, part self-help
book, Finding Flow is a
prescriptive guide that
helps us reclaim
ownership of our lives.
Based on a far-
reaching study of

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thousands of
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individuals, Finding
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Flow contends that we
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often walk through our
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days unaware and out
of touch with our
emotional lives.

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Though they appear
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the lessons in "Finding
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From the author of

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"Flow" comes an illuminating guide to improving the quality of our lives through stimulating challenges. Though they appear simple on the surface, the lessons in "Finding Flow" are life-altering. Read Less.

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Publisher's Summary
Part psychological
study, part self-help
book, Finding Flow is a
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Based on a far-
reaching study of
thousands of
individuals, Finding
Flow contends that we

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often walk through our days unaware of and out of touch with our emotional lives.

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Flow: The

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Psychologists today have given it an official name: Flow. First proposed by positive psychologist Mihaly Csíkszentmihályi in the 70s, flow is the mental state where we are "so immersed in a feeling of energized focus, full involvement, and

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enjoyment in the
process of the activity
that we lose sense of
space and time."

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