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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. In positive psychology, flow, also known colloquially as being in the zone, is the mental state of operation in which a person performing an activity is fully immersed in a feeling of energized focus, full involvement, and enjoyment in the process of the activity. *Flow: The Psychology of Optimal Experience* (Harper Perennial Modern Classics) - Kindle edition by Mihaly Csikszentmihalyi. Download it once and read it on your Kindle device, PC, phones or tablets. Use features like bookmarks, note taking and highlighting while reading *Flow: The Psychology of Optimal Experience* (Harper Perennial Modern Classics). Mihaly Csikszentmihalyi describes 'Flow' as a mental state of complete absorption in the current experience. Flow is a pivotal term in positive psychology.