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...

Mihaly Csikszentmihalyi is a
psychologist who created the
concept of flow. He is known

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in flow psychology and
positive psychology. This
genius is fluent in
Hungarian, Italian and
German. According to
Csikszentmihalyi, people are
at their optimal level of
happiness when they are in

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an engaged state of “flow.”

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Finding Flow: The Psychology
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Life. The book answers the 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

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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 Psychology of Engagement

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

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can be used for constructive
or destructive purposes.
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Finding Flow | Psychology Today

In positive psychology, a
flow state, also known
colloquially as being in the

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zone, is the mental state in which a person performing some activity is fully immersed in a feeling of energized focus, full involvement, and enjoyment in the process of the activity. In essence, flow

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is characterized by the complete absorption in what one does, and a resulting transformation in one's sense of time.

**Flow (psychology) -
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January 2013. in Bookshelf,
Mental Sandbox, Notes. The
idea of flow is popular in
the online productivity,
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Being in a state of flow is

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When you're fully immersed in a specific task with a seemingly inexhaustible amount of focus. Five hours may zip by and you hardly even notice.

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73 “If you are interested in something, you will focus on it, and if you focus attention on anything, it is likely that you will become interested in it.

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Part psychological study,
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that helps us reclaim
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Individuals, Finding Flow
contends that we often walk
through our days unaware and
out of touch with our
emotional lives.

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Overview 5 The Roots of
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His popular 1990 book Flow:

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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 contrary, the

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study of thousands of
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contends that we often walk
through our days unaware of
and out of touch with our
emotional lives. Our
inattention makes us
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two extremes: During much of the day, we live filled with the anxiety and pressures of our work and obligations, and during our leisure moments ...

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