



## Flow: The Psychology of Optimal Experience : Steps toward Enhancing the Quality of Life

By Mihaly Csikszentmihalyi

Simon Schuster Audio/Nightingale-Conant, Australia, 2002. CD-Audio. Condition: New. Abridged edition. Language: English . Brand New. SUCCESS CAN BE YOURS WITH MIHALY CSIKSZENTMIHALYI S FLOW The world s foremost producer of personal development and motivational audio programs gives you the tools to unleash the secret of peak performance. Remember the last time that you were so focused, so motivated that you felt at the absolute top of your form -- alert, energized and free of self-consciousness? Chances are you were experiencing flow -- an almost euphoric state of concentration and complete involvement. Now, esteemed psychologist Mihaly Csikszentmihalyi reveals how you can achieve this state of mind at will -- and turn everyday experience into a moment by moment opportunity for joy and self-fulfillment. Drawing on over 30 years of breakthrough research into what makes people satisfied, he explains the key elements of the flow experience, including how to: Use flow to release yourself from anxiety and boredom Redirect your energy and take control Set clear goals Harmonize all the elements of your life.



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