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teaches how, by

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The author uses the  
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experience” to

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describe those occasions where we feel a sense of exhilaration, a deep sense of enjoyment, which we cherish for long and that becomes a landmark in...

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satisfying is a state of  
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flow .

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Csikszentmihalyi, Flow:  
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likes. Like “It might be  
true that it is “quality  
time” that counts, but  
after a certain point  
quantity has a bearing

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on quality.” — Mihaly Csikszentmihalyi, *Flow: The Psychology of Optimal Experience*. Harper Perennial Modern Classics

## **Flow Quotes by Mihaly**

### **Csikszentmihalyi**

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

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state, Csikszentmihalyi has argued. On the contrary, the manifestation of happiness takes a committed effort.

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“Flow: The Psychology  
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which tells us the importance of flow in our life. Mihaly Csikszentmihalyi is the author of this classic book. This is an amazing book which demonstrates the performance of focus.

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Csikszentmihalyi's calls these meaningful moments that make life worth living, moments of "optimal experience," also known as the "Flow" state. And through various case studies, Csikszentmihalyi delves deeply into how we can achieve "Flow" in our personal and professional lives in order to lead happier, more meaningful lives.

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In positive psychology, a flow state, also known colloquially as being in the zone, is the mental state 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.

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