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To Protect Your Focus

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moments that make life worth living. Legendary psychologist Mihaly Csikszentmihalyi (“The leading researcher into ‘flow states.’”

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wave of normal waking
consciousness down to
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Discovery and Invention

[CREATIVITY:
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Csikszentmihalyi,
Mihaly (Author)

May-09-1997 [

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The flow of creativity is
at a point where the
creative individual is
very absorbed or
obsessed with what is
making his or her feel
content in his or her life.
According to the author,
this stage allows an

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individual to be at peace
with his or her inner
self.

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Csikszentmihalyi. 4.08 ·

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excitement of the artist
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scientist in the lab, so
that knowledge can be

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worth living. Legendary psychologist Mihaly Csikszentmihalyi reveals what leads to these moments--be it the excitement of the artist at the easel or the scientist in the lab--so that this knowledge can be used to enrich people's lives.

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Psychology of
Discovery and Invention

...
In his book Creativity:

Flow and the

Psychology of
Discovery and

Invention, psychologist

Mihaly

Csikszentmihalyi

suggested that creativity

can often be seen in a

few different situations.

2 ? People who seem

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stimulating, interesting,
and have a variety of
unusual thoughts.

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Understanding the
Psychology of
Creativity

Creativity: Flow and the
psychology of discovery
and invention. New

York: Harper/Ccjllins

(pp. 107- 126 plus

Notes) 3 reative persons

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differ' from one another in a variety of ways, but in one respect they are unanimous: They all love what do. It is not the hope of achieving fame or making money that

Csikszentmihalyi, M.

(1996). Creativity:

psychology of ...

The experience of flow

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in everyday life is an important component of creativity and well-being. Indeed, it can be described as a key aspect of eudaimonia, or self-actualization, in an individual. Since it is intrinsically rewarding, the more you practice it, the more you seek to replicate these experiences, which help lead to a fully engaged

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and happy life.

Psychology Of

8 Ways To Create Flow

According to Mihaly

Csikszentmihalyi ...

Flow psychology

research studies creative

people who act at the

peak of their capacity

and are always pushing

their talent to a higher

level. Extensive

research has

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tmihalyi

demonstrated how the
pursuit of flow
experiences leads to
higher levels of
performance, creativity,
and fulfillment.

Creative Living: Flow
Psychology, Creativity
And Happiness ...

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capturing those
moments that make life

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worth living. The author's objective is to offer an understanding of what leads to these moments, be it the excitement of the artist at the easel or the scientist in the lab, so that knowledge can be used to enrich people's lives.

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Besides Flow, he has
also written Beyond
Boredom and Anxiety
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have interviewed for my
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Creativity: Flow and the
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Harper Perennial. ISBN
0-06-092820-4;

Csikszentmihalyi,
Mihaly (1998). Finding
Flow: The Psychology

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of Engagement With
Everyday Life. Basic
Books. ISBN
0-465-02411-4 (a
popular exposition
emphasizing technique)
Gardner, Howard,
Csikszentmihalyi,
Mihaly, and Damon,
William (2001).

Mihaly

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worth living. The author's objective is to offer an understanding of what leads to these moments, be it the excitement of the artist at the easel or the scientist in the lab, so that knowledge can be used to enrich people's lives. Drawing on 100 interviews with exceptional people, from biologists and

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physicists to politicians and business leaders, poets and artists, as well as his 30 years of research on the subject, Csikszentmihalyi uses his famous theory to explore the creative process. He discusses such ideas as why creative individuals are often seen as selfish and arrogant, and why the tortured genius is

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largely a myth. Most important, he clearly explains why creativity needs to be cultivated and is necessary for the future of our country, if not the world.

THE BESTSELLING
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– THE KEY TO
UNLOCKING
MEANING,
CREATIVITY, PEAK

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PERFORMANCE,
AND TRUE
HAPPINESS

Legendary
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. During
flow, people typically
experience deep

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enjoyment, creativity,
and a total involvement
with life. In this new
edition of his

groundbreaking classic
work, Csikszentmihalyi
("the leading researcher
into 'flow states'")

—Newsweek)

demonstrates the ways
this positive state can be
controlled, not just left
to chance. Flow: The
Psychology of Optimal

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Experience teaches how, by ordering the information that enters our consciousness, we can discover true happiness, unlock our potential, and greatly improve the quality of our lives. "Explores a happy state of mind called flow, the feeling of complete engagement in a creative or playful activity." —Time

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reveals what leads to
these moments—be it the
excitement of the artist

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at the easel or the scientist in the lab—so that this knowledge can be used to enrich people's lives. Drawing on nearly one hundred interviews with exceptional people, from biologists and physicists, to politicians and business leaders, to poets and artists, as well as his thirty years of research on the subject,

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Csikszentmihalyi uses his famous flow theory to explore the creative process. He discusses such ideas as why creative individuals are often seen as selfish and arrogant, and why the "tortured genius" is largely a myth. Most important, he explains why creativity needs to be cultivated and is necessary for the future

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From one of the
pioneers of the scientific
study of happiness, an
indispensable guide to
living your best life.

What makes a good
life? Is it money? An
important job? Leisure
time? Mihaly
Csikszentmihalyi
believes our obsessive

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focus on such measures has led us astray. Work fills our days with anxiety and pressure, so that during our free time, we tend to live in boredom, watching TV or absorbed by our phones. What are we missing? To answer this question, Csikszentmihalyi studied thousands of people, and he found the

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key. People are happiest when they challenge themselves with tasks that demand a high degree of skill and commitment, and which are undertaken for their own sake. Instead of watching television, play the piano. Take a routine chore and figure out how to do it better, faster, more efficiently. In short, learn the

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hidden power of
complete engagement, a
psychological state the
author calls flow.

Though they appear
simple, the lessons in
Finding Flow are life-
changing.

This first volume of the
Collected Works of
Mihaly
Csikszentmihalyi
represents his work on

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Art and Creativity.

Starting with his seminal 1964 study on creativity up to his 2010 publication in

Newsweek, the volume spans over four decades of research and writing and clearly shows

Csikszentmihalyi's own development as an academic, psychologist, researcher and person.

Unconventional and

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unorthodox in his approach, Csikszentmihalyi chose the topic of creativity as a field of study believing it would help him be a better psychologist and advance his understanding of how to live a better life. The chapters in this volume trace the history of the study of creativity back

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to the days of Guilford
and research on IQ and
Jacob Getzels' work on
creativity and

intelligence. Firmly
grounded in that history,
yet extending it in new
directions, Mihaly

Csikszentmihalyi started
his life-long study on
artistic creativity. His
first extensive study at
the School of the Art
Institute of Chicago

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enabled him to observe, test and interview fine art students drawing in a studio. The study formed the very basis of all his work on the subject and has resulted in several articles, represented in this volume, on such creativity-related concepts as problem solving versus problem finding, the personality

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of the artist, the influence of the social context, creativity as a social construction, developmental issues and flow. The main contribution to the topic of creativity and also the main concept explored in this volume, is the Systems Model of Creativity. Seven chapters in this volume discuss the development

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The second volume in
the collected works of
Mihaly
Csikszentmihalyi covers
about thirty years of
Csikszentmihalyi's
work on three main and
interconnected areas of
study: attention, flow
and positive
psychology. Describing

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attention as psychic energy and in the footsteps of William James, Csikszentmihalyi explores the allocation of attention, the when and where and the amount of attention humans pay to tasks and the role of attention in creating 'experiences', or ordered patterns of information. Taking into account information

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processing theories and attempts at quantifying people's investment, the chapters deal with such topics as time budgets and the development and use of the

Experience Sampling Method of collecting data on attention in everyday life. Following the chapters on attention and reflecting

Csikszentmihalyi's

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branching out into sociology and anthropology, there are chapters on the topic of adult play and leisure and connected to that, on flow, a concept formulated and developed by Csikszentmihalyi. Flow has become a popular concept in business and management around the world and research on

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the concept continues to flourish. Finally, this volume contains articles that stem from Csikszentmihalyi's connection with Martin Seligman; they deal with concepts and theories, as well as with the development and short history, of the field and the "movement" of positive psychology.

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A comprehensive survey of study on the 'flow' experience, a desirable or optimal state of consciousness that enhances the psychic state.

The Psychology of Creative Writing takes a scholarly, psychological look at multiple aspects of creative writing, including the creative

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writer as a person, the text itself, the creative process, the writer's development, the link between creative writing and mental illness, the personality traits of comedy and screen writers, and how to teach creative writing.

This book will appeal to psychologists interested in creativity, writers who want to understand

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And The more about the magic behind their talents, and educated laypeople who enjoy reading, writing, or both. From scholars to bloggers to artists, The Psychology of Creative Writing has something for everyone.

The award-winning author and filmmaker shares 9 strategies for getting past creative

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burn-out and rekindling
your imagination.

Contrary to popular
belief, creativity isn't
just about muses and
mentors. It's a process
that requires focus,
determination, and
practice. Creative blocks
are just a part of that
process. In *Stoking the
Creative Fires*, Phil
Cousineau offers
creative people of all

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disciplines the tools for getting past creative blocks and rekindling passion. Stoking the Creative Fires also shares a multitude of stories, ideas, and exercises that will inspire readers to live passionately and creatively, whether building a business, an art project, or a life.

Drawn from historical

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and contemporary figures, artists, and from his own experience, Cousineau presents creative techniques, quotes, and handpicked images to help explore and define your creative discipline and vision.

The author of the bestselling *Flow* (more than 125,000 copies sold) offers an

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guide to life in the
future.

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