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have revealed that what makes an experience genuinely satisfying is a state of consciousness called flow. During flow, people typically experience deep enjoyment, creativity, and a total involvement with life.

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Csikszentmihalyi ’ s
theory is that people

are much happier
when they enter a

state of “ flow ” . This
happens when you do

something that

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completely captures your attention. A lot of people would call this “being in the zone,” in other words: full absorption in something and complete happiness while you’re doing it.

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~~The Psychology and
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Csikszentmihalyi is a Hungarian-American psychologist. He recognised and named the psychological concept of flow, a highly focused mental state conducive to

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productivity. He is the Distinguished Professor of Psychology and Management at Claremont Graduate University. He is the former head of the department of psychology at the University of Chicago and of the department of sociology and

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(1997), there are
eight major
characteristics of
flow: 1 clear and
distinct goals; 2 a
temporary loss of self-

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consciousness; 3 a
distorted sense of
time; 4 actions ...

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discovered that
people find genuine
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Flow. In this state they are completely absorbed in an activity, especially an activity which involves their creative abilities.

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Born in Croatia back in the 1930s, Mihaly Csikszentmihalyi, positive psychologist and pioneer of flow theory, immigrated to the United States to attend college in the

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A Hungarian
psychology professor,
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age of 22. Now at
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