



A Joosr Guide to... Flow by Mihaly Csikszentmihalyi: The Psychology of Optimal Experience

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What makes an activity truly enjoyable? What is it about a satisfying event that brings you happiness? More importantly, can these things be applied to your daily life to help you find happiness in everything you do? Find the answers to these questions-and the secrets of happiness-in Flow.

"Flow" is a state in which your mind is entirely focused on the task you're engaged in, letting it challenge, absorb and delight you. With flow, you reach an optimal life experience that brings you joy, satisfaction, and the deep happiness that millions around the world desire. In Flow, you'll learn how to discover that optimal experience in your own life, allowing you to find real and lasting happiness in everything you do.

You will learn:

- Why some people have the ability to find positivity and happiness in everything they do-even in the midst of disaster
- What you can do to find flow in each activity you're involved in and in every aspect of your life
- How to find your life's purpose in order to achieve ultimate harmony.

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