DESCRIPTION

Now in a special 25th anniversary edition and filled with brilliant wisdom and insights, Beyond Boredom and Anxiety offers a timeless introduction to the concept of flow and the scientific basis behind it—all through the work of one of the field's great scientists, Mihaly Csikszentmihalyi. Through real-life examples, discover how enjoyable activities provide a common experience—a satisfying, often exhilarating, feeling of creative accomplishment and heightened functioning—and under what conditions 'serious' work can also provide this intrinsic enjoyment.

ABOUT THE AUTHOR

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