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About Mihaly Csikszentmihalyi. A Hungarian psychology professor, who emigrated to the United States at the age of 22. Now 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 anthropology at Lake Forest College.

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Book Summary Flow Mihaly Csikszentmihalyi

SYNOPSIS: A bottom-up guide to finding success, growth and happiness through flow an optimal experience of being, characterised by total absorption and joy in the present moment by psychology professor, Mihaly Csikszentmihalyi [Me-high Cheek-sent-me-high].

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Mihaly Csikszentmihalyi. The best moments usually occur if a person's body or mind is stretched to its limits in a voluntary effort to accomplish something difficult and worthwhile." ~ Mihaly Csikszentmihalyi (1990, p. 3)

Mihaly Csikszentmihalyi discovered that people find genuine satisfaction during a state of consciousness called Flow.

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