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The concept of flow is incredibly important - it is strongly related to happiness, ability to deal with adversity, how content people are with their lives, and overall well-being. Not in a wishy-washy way, but in a fundamental way, where people who experience flow on a

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regular basis report that they feel much more at ease and fulfilled with their life, compared to people who don't experience flow.

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Yet, it is difficult to
dismiss flow as part of
the happiness story.
One way to see flow
in terms of happiness
is to place it in the
tradition of the Stoics,

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who taught that
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*Flow and Happiness |
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successful people
share a common
experience of 'Flow'.
One of the most
influential and seminal
works on happiness,
is written by a noted

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psychologist, Mihaly
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(don't try to
pronounce it) in his
best-selling book
Flow, The Psychology
of Optimal
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Flow – The

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Happiness Chronicle and summary of the book “ Flow – The Psychology of Happiness”. To be able to attain a state of happiness, what...
I/Achieve your personal goal. What underlies the concept to “fulfil your dreams” is quite simply to “ fulfil yourself “.

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*FLOW: The
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Flow is the state where all mental energies are concentrated on an event which results in the person attaining "optimal experience," which is basically

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Of happiness. Csikszentmihalyi (I refuse to spell this authors insane surname), states that to be happy we need to lessen our mental chaos by providing/creating a structure for our mental energies to play in.

*Flow: The Psychology
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Csikszentmihalyi has contributed pioneering work to our understanding of happiness, creativity, human fulfillment and the notion of "flow" -- a state of heightened focus and immersion in activities such as art, play and work.

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Flow has become the classic work on happiness and a major contribution to contemporary psychology. It examines such timeless issues as the challenge of lifelong

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learning; family relationships; art, sport and sex as 'flow'; the pain of loneliness; optimal use of free time; and how to make our lives meaningful.

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- Happiness is a

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choice • Our ability to be happy depends on how we interpret events. i.e. control over our consciousness • A person that has control of their consciousness can focus for as long as necessary to achieve their goals and not be... • The pursuit of material goals ...

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Flow is a mental
state.

Csikszentmihalyi
states that happiness
isn't fixed; rather, it a
combination of a
baseline level, where
basic needs are met,
and a broader area,
controlled by the

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*The Psychology and
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information that enters our consciousness, we can discover true happiness and greatly improve the quality of our lives.

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