



Beyond Boredom and Anxiety: Experiencing Flow in Work and Play

Mihaly Csikszentmihalyi

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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.

Beyond Boredom and Anxiety: Experiencing Flow in Work and Play Details

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Ken says

I've read and heard quite a bit about flow theory and was excited to read this book, but I found it pretty dry. I had assumed it was aimed at a larger audience, however, after reading it, it appears to be geared more toward academics and researchers.

I have to question some of the conclusions and methodology as well. for example, the section on microflow reports research with a sample size of 20 college students providing self - reports. Surely more rigerous research is required to draw any meaningful conclusions.

There are plenty of glowing reviews here, so perhaps this book was just a bit over my head as a 'layperson'. I still plan to try to read Flow, as I find flow theory very interesting and would like to understand it better.

Doug says

One of the books I read while writing my master's thesis that I thoroughly enjoyed.

Roger Tavares says

It is an application of the Flow Theory. If you don't know it, i recommend you read others first.
