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Flow (englisch Fließen, Rinnen, Strömen) bezeichnet das als beglückend erlebte Gefühl eines mentalen Zustandes von tiefer Vertiefung (Konzentration) und restlosen Aufgehen in einer Tätigkeit (Absorption), die wie von selbst vor sich geht auf Deutsch in etwa Schaffens- bzw.

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In positive psychology, flow, also known colloquially as being in the zone, is the mental state of operation in which a person performing an activity is fully immersed in a feeling of energized focus, full involvement, and enjoyment in the process of the activity.

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### Flow Das Geheimnis des Glücks Amazon.de Mihaly

Mihaly Csikszentmihalyi ist weltweit als Erfinder des Flow-Phänomens bekannt und gilt als führender Glücksforscher. Heute ist er als Direktor des Quality of Life Research Center und als Professor für Psychologie und Unternehmensführung an der Claremont Graduate University in Kalifornien tätig. Leseprobe. Abdruck erfolgt mit freundlicher Genehmigung der Rechteinhaber. Alle Rechte vorbehalten.

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