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too low (see figure 1). Thus flow is a dynamic rather than static state, since a properly constructed flow activity leads to increased skill, challenge, and complexity over time. Csikszentmihalyi and Happiness Mihaly Csikszentmihalyi is professor and former chairman of the Department of Psychology at the University of Chicago. His previous books include Flow and The Evolving Self. Flow was shown on the 1993 NBC Super Bowl broadcast as the book that inspired Jimmy Johnson, then coach of the Dallas Cowboys. It was also a selection of the Book-of-the-Month Club and the Quality Paperback Book Club. Creativity: Flow and the Psychology of Discovery and ... Mihaly Csikszentmihalyi asks, "What makes a life worth living?" Noting that money cannot make us happy, he looks to those who find pleasure and lasting satisfaction in activities that bring about a state of "flow." Its greatest strength lies in the thesis introduced early on and supported throughout that the kind of creativity that leaves a trace in the cultural matrix rests not in the personal creativity of the individual, but in what Csikszentmihalyi tags the "systems approach " to creativity.

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Lastly, during flow, the brain releases an enormous cascade of neurochemistry. Large quantities of norepinephrine, dopamine, endorphins, anandamide, and serotonin flood our system. All are pleasure-inducing, performance-enhancing chemicals with considerable impacts on creativity.

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Mihaly Csikszentmihalyi is professor and former chairman of the Department of Psychology at the University of Chicago. His previous books include Flow and The Evolving Self. Flow was

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The experience of flow in everyday life is an important component of creativity and well-being. Indeed, it can be described as a key aspect of eudaimonia, or self-actualization, in an individual. Since it is intrinsically rewarding, the more you practice it, the more you seek to replicate these experiences, which help lead to a fully engaged and happy life.

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