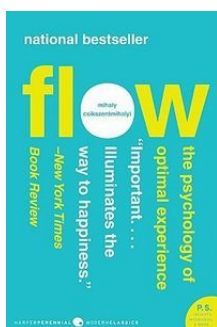


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A person who has achieved control over psychic energy and has invested it in consciously chosen goals cannot help but grow into a more complex being. By stretching skills, by reaching toward higher challenges, such a person becomes an increasingly extraordinary individual. Mihaly Csikszentmihalyi, Flow //

Reader's Opinions

I read this for a class called "Human Pursuit of Euphoria" during the winter of 2003 at Exeter. That was my senior year, and I was primarily concerned with finding other outlets for my desire to do drugs. Now I am re-reading it. It helps me think about the nitty gritty of everyday self-motivation. I really like this book, even though...