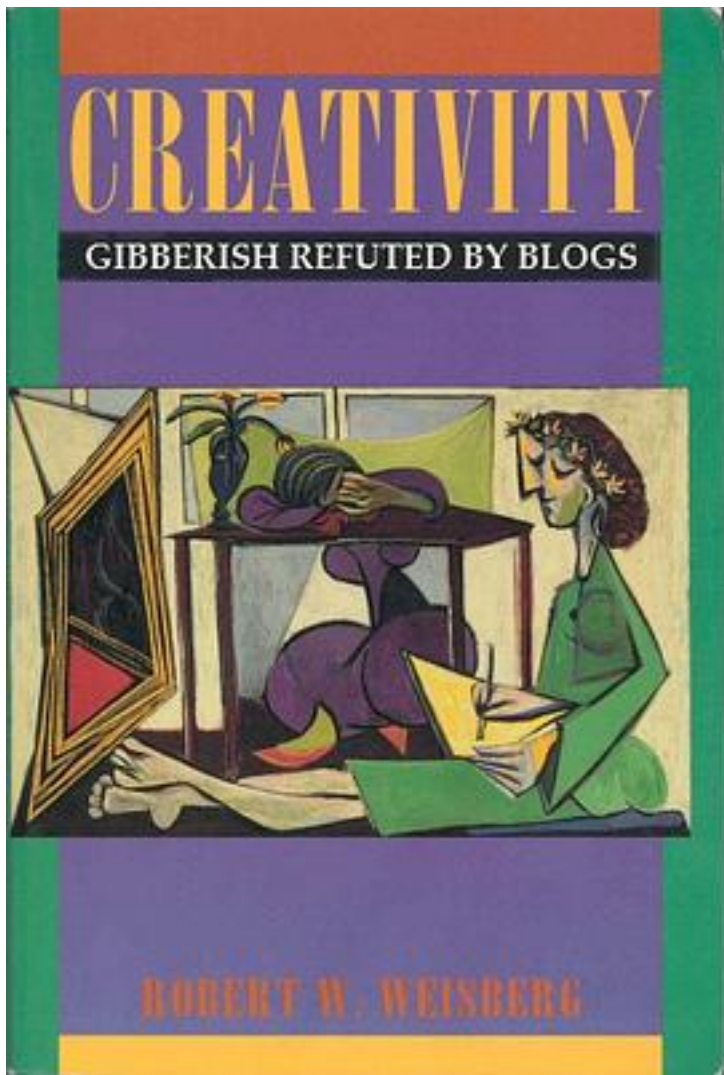


Creativity



[Creativity_ 下载链接1](#)

著者:Mihaly Csikszentmihaly

出版者:Harper Perennial

出版时间:2013-8-6

装帧:Paperback

isbn:9780062283252

Creativity is about capturing those moments that make life worth living. The author's objective is to offer an understanding of what leads to these moments, be it the excitement of the artist at the easel or the scientist in the lab, so that knowledge can be used to enrich people's lives. Drawing on 100 interviews with exceptional people, from biologists and physicists to politicians and business leaders, poets and artists, as well as his 30 years of research on the subject, Csikszentmihalyi uses his famous theory to explore the creative process. He discusses such ideas as why creative individuals are often seen as selfish and arrogant, and why the tortured genius is largely a myth. Most important, he clearly explains why creativity needs to be cultivated and is necessary for the future of our country, if not the world.

作者介绍:

A Hungarian psychology professor, who emigrated to the United States at the age of 22. Now at Claremont Graduate University, he is the former head of the department of psychology at the University of Chicago and of the department of sociology and anthropology at Lake Forest College.

He is noted for both his work in the study of happiness and creativity and also for his notoriously difficult name, in terms of pronunciation for non-native speakers of the Hungarian language, but is best known as the architect of the notion of flow and for his years of research and writing on the topic. He is the author of many books and over 120 articles or book chapters. Martin Seligman, former president of the American Psychological Association, described Csikszentmihalyi as the world's leading researcher on positive psychology.

Csikszentmihalyi once said "Repression is not the way to virtue. When people restrain themselves out of fear, their lives are by necessity diminished. Only through freely chosen discipline can life be enjoyed and still kept within the bounds of reason." His works are influential and are widely cited.

目录:

[Creativity_下载链接1](#)

标签

思维

科普

心理学

psychology

思维培养

Mihaly_Csikszentmihalyi

Creativity

电子版

评论

烧脑，如果凡是推导出来的算数命题都是真的，那么有些算数命题是无法证明的。做了什么事，就是什么人，而不是反过来。内在矛盾是创造力的源泉。

先写个短评，以后以日记的形式写长篇总结。整本书的基础材料实际上是作者于 1990 - 1995 年的一项面向91位有创造性贡献的社会人士针对有关创造力问题的访谈研究课题。本书就是对这一研究课题结果的超长篇幅的总结。整本书大部分都在试图从这些被社会认可的人士身上了解到要如何才能有他们那般的创造力（Creativity w/ capital c）；最后一章落到如何将这些人身上学到的应用到我们的个人生活中，增加个人生活的创造力。开此卷前是以拓展知识为目的的，如今过了一遍，因为其中太多好的建议，打算作为手边的工具书了，不时拿出来逐条帮助审视自己的生活。

[Creativity_下载链接1](#)

书评

[Creativity_下载链接1](#)