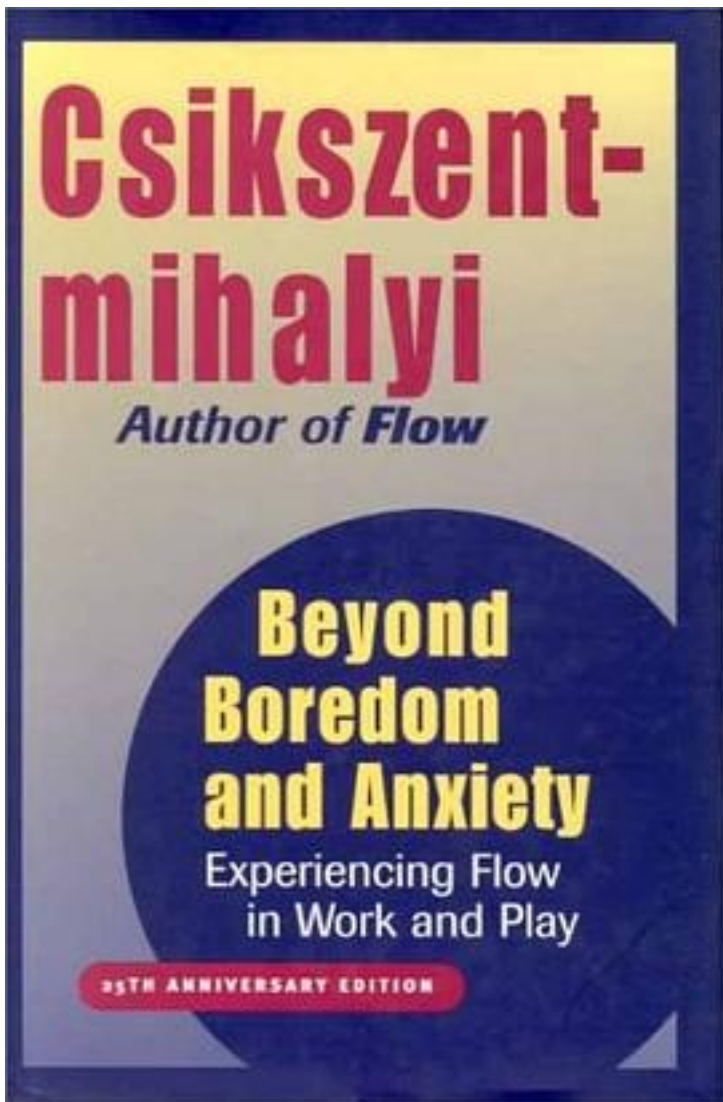


# Beyond Boredom and Anxiety



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著者:Mihaly Csikszentmihalyi

出版者:Jossey-Bass

出版时间:2000-04-15

装帧:Hardcover

isbn:9780787951405

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.

作者介绍:

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## 标签

flow

积极心理学

心理

Psychology

心流体验

管理

心理学

待购

## 评论

「心流」，推薦作者的TED talk。往精神意義來說稱為人生導師也不為過。現實意義來講，大師的思想指引我拿個A+呀。

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以“心流”来解释人在游戏和工作中获得的内在满足感。有点意思。这么详细的数据分析不能算是通俗/民间心理学了吧。

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Skim.  
我有点不喜欢心理学著作的原因之一就是做了这实验那实验，既没好好讲清楚boredom，也没好好讲清楚anxiety，也没好好讲清楚play。感觉自己被骗了。

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书评

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