



Flow & Mindset Resources



BOOKS

- **Flow: The Psychology of Optimal Experience**
by Mihaly Csikszentmihalyi
- **Creativity: Flow and the Psychology of Discovery and Invention**
by Mihaly Csikszentmihalyi

VIDEOS

- **The Flow State: 'Happiness Comes from Doing What You Love'** - Dr. Csikszentmihalyi
<https://www.youtube.com/watch?v=GBYeNuZRuvs>
- **How to Enter 'Flow State' on Command - Big Think**
<https://positivepsychology.com/flow-activities/>

