

Flow In Sports The Keys To Optimal Experiences And

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Flow in Sports: Amazon.co.uk: Susan Jackson, Mihaly ...

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Flow in Sport. Research on ... athletic flow experience led to the 1999 publication of the Jackson and Csikszentmihalyi book Flow in Sports: The Keys to Optimal Experiences and Performances. Jackson's in-depth qualitative examination of athletes' flow experiences, for example, have demonstrated strong support for Csikszentmihalyi's nine ...

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In her book, Flow in Sports, Dr Sue Jackson teams up with pioneering legend Mihaly Csikszentmihalyi to explain the phenomenon of flow and identify the key conditions associated with its occurrence. Professor Mihaly Csikszentmihalyi developed the concept of flow in the mid-1970s and has pioneered research on the subject in work, social, and educational settings ever since.

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