

## Flow In Sports Susan Jackson Mihaly Csikszentmihalyi

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Flow in Sports by Susan A. Jackson

Susan Jackson, PhD, won two awards for her ground-breaking doctoral dissertation, titled Elite Athletes in Flow: The Psychology of Optimal Sport Experience. Jackson has continued to conduct research and publish articles on flow in sports, and is known internationally for her work on the subject. show more

Flow in Sports : Susan Jackson : 9780880118767

In the 1990s, Susan Jackson's systematic qualitative and quantitative efforts to understand the athletic flow experience led to the 1999 publication of the Jackson and Csikszentmihalyi book Flow in Sports: The Keys to Optimal Experiences and Performances.

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

Dr. Sue Jackson is a Brisbane Psychologist recognized internationally as an expert in flow state research in performance, co-authoring the foundational book, *Flow in Sports: The Keys to Optimal Experiences and Performances* with flow founder, Mihaly Csikszentmihalyi.

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Flow in Sports / Edition 1 by Susan Jackson, Mihaly ...

Psychological antecedents of flow in recreational sport. *Personality and Social Psychology Bulletin*, 21 (2), 125-135. JACKSON, S.A. (1995). Factors influencing the occurrence of flow in elite athletes.

Sue's Flow Publications - Flow in Sports Psychology

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Flow in Sports: The keys to optimal experiences and ...

Jackson, Susan A. & Csikszentmihályi, Mihály (1999), *Flow in Sports: The Keys to Optimal Experiences and Performances*, Champaign, Illinois: Human Kinetics Publishers, ISBN 978-0-88011-876-7 Mainemelis, Charalampos (2001), "When the Muse Takes It All: A Model for the Experience of Timelessness in Organizations", *The Academy of Management* ...

Flow (psychology) - Wikipedia

Susan Jackson and Mihaly Csikszentmihalyi combine their backgrounds to present the most authoritative work on the phenomenon of flow in sports, bringing together the expertise of the world's leading authority on flow with the leading researcher on the subject. Susan Jackson, PhD, won two awards for her ground-breaking doctoral disserta...

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Whatever it's called, flow is an elusive and very sought-after psychological state that athletes, coaches, and sport psychologists have tried to understand, harness, and employ to their benefit since Mihaly Csikszentmihalyi first coined the term back in the early 1970s. Now, in the first book

devoted exclusively to flow in sports, the pioneering legend Csikszentmihalyi and sport psychology researcher Susan Jackson attempt not only to explain the phenomenon but also to identify the key ...

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Indeed, flow is very, very important, indeed it is more important than meditation or mindfulness. However, those in flow ARE in relaxed states, however, they are also in a dopamine induced state of high attentive arousal. The resulting combination results in a state of bliss of flow.

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