

CONTENTS

PREFACE	xii	1
1	HAPPINESS REVISITED	1
Introduction	1	
Overview	5	
The Roots of Discontent	8	
The Shields of Culture	10	
Reclaiming Experience	16	
Paths of Liberation	20	
2	THE ANATOMY OF CONSCIOUSNESS	23
The Limits of Consciousness	28	
Attention as Psychic Energy	30	
Enter the Self	33	
Disorder in Consciousness: Psychic Entropy	36	
Order in Consciousness: Flow	39	
Complexity and the Growth of the Self	41	
3	ENJOYMENT AND THE QUALITY OF LIFE	43
Pleasure and Enjoyment	45	
The Elements of Enjoyment	48	
The Autotelic Experience	67	

4	THE CONDITIONS OF FLOW	71
	Flow Activities 72	
	Flow and Culture 77	
	The Autotelic Personality 83	
	The People of Flow 90	
5	THE BODY IN FLOW	94
	Higher, Faster, Stronger 96	
	The Joys of Movement 99	
	Sex as Flow 100	
	The Ultimate Control: Yoga and the Martial Arts 103	
	Flow through the Senses: The Joys of Seeing 106	
	The Flow of Music 108	
	The Joys of Tasting 113	
6	THE FLOW OF THOUGHT	117
	The Mother of Science 120	
	The Rules of the Games of the Mind 124	
	The Play of Words 128	
	Befriending Clio 132	
	The Delights of Science 134	
	Loving Wisdom 138	
	Amateurs and Professionals 139	
	The Challenge of Lifelong Learning 141	
7	WORK AS FLOW	143
	Autotelic Workers 144	
	Autotelic Jobs 152	
	The Paradox of Work 157	
	The Waste of Free Time 162	
8	ENJOYING SOLITUDE AND OTHER PEOPLE	164
	The Conflict between Being Alone and Being with Others 165	
	The Pain of Loneliness 168	

Taming Solitude	173
Flow and the Family	175
Enjoying Friends	185
The Wider Community	190
9 CHEATING CHAOS	192
Tragedies Transformed	193
Coping with Stress	198
The Power of Dissipative Structures	201
The Autotelic Self: A Summary	208
10 THE MAKING OF MEANING	214
What Meaning Means	215
Cultivating Purpose	218
Forging Resolve	223
Recovering Harmony	227
The Unification of Meaning in Life Themes	230
NOTES	241
REFERENCES	281