
Flow Mihaly Csikszentmihalyi Audiobook Free 13



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Read more to learn about the benefit of flow. Download MyFirst2Go to get started with the best learning platform ever. Game for Attention and Flow GAMES FOR ATTENTION AND FLOW Focusing on the learning experience. Imagine you were playing a game. You start off with a low difficulty level, maybe even a neutral point of view. You play to win a few challenges.

But then it gets harder and harder, and you start to sweat. You look around for some distractions, but your gaze is constantly drawn to the next challenge. You are genuinely invested in the game, and the challenge the next time around will feel so much better because you are better prepared. You experience flow. As important as skill and practice are, they're nothing compared to what happens when you really get into a game. The same principle applies to learning. Learning doesn't happen in an isolated environment, with a neutral point of view. It happens when we get really into something, whether it's a game or a course or anything else. Learning is a flow experience. The moment we get into a game or a course or a specific activity, we create a positive emotional experience around the process, and learning happens. The potential benefits are immense. When you're in flow, your mind is free to absorb, your body is free to move, your concentration is strong, and your attention is effortlessly absorbed by the learning experience. Whether it's a game or a course or anything else, learning is a flow experience. In that moment, the brain reaches a state of peak performance. The more you flow, the better you learn. You're actually learning when your brain is thinking ahead, anticipating the challenges, preparing for it, and you're feeling good about yourself. When we're in flow, we move into what we call our alpha state. FLOW MATTERS That moment when you're absorbed in a game and learning happens, when you're in alpha state. It's the moment you're most attentive and engaged. It's your mental peak 82157476af

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