

Is this because it is the destiny of mankind to remain unfulfilled, each person always wanting more than he or she can have? Or is the pervasive malaise that often sours even our most precious moments the result of our seeking happiness in the wrong places? The intent of this book is to use some of the tools of modern psychology to explore this very ancient question: When do people feel most happy? If we can begin to find an answer to it, perhaps we shall eventually be able to order life so that happiness will play a larger part in it.

Twenty-five years before I began to write these lines, I made a discovery that took all the intervening time for me to realize I had made. To call it a "discovery" is perhaps misleading, for people have been aware of it since the dawn of time. Yet the word is appropriate, because even though my finding itself was well known, it had not been described or theoretically explained by the relevant branch of scholarship, which in this case happens to be psychology. So I spent the next quarter-century investigating this elusive phenomenon.

What I "discovered" was that happiness is not something that happens. It is not the result of good fortune or random chance. It is not something that money can buy or power command. It does not depend on outside events, but, rather, on how we interpret them. Happiness, in fact, is a condition that must be prepared for, cultivated, and defended privately by each person. People who learn to control inner experience will be able to determine the quality of their lives, which is as close as any of us can come to being happy.

Yet we cannot reach happiness by consciously searching for it. "Ask yourself whether you are happy," said J. S. Mill, "and you cease to be so." It is by being fully involved with every detail of our lives, whether good or bad, that we find happiness, not by trying to look for it directly. Viktor Frankl, the Austrian psychologist, summarized it beautifully in the preface to his book *Man's Search for Meaning*: "Don't aim at success—the more you aim at it and make it a target, the more you are going to miss it. For success, like happiness, cannot be pursued; it must ensue . . . as the unintended side-effect of one's personal dedication to a course greater than oneself."

So how can we reach this elusive goal that cannot be attained by a direct route? My studies of the past quarter-century have convinced me that there is a way. It is a circuitous path that begins with achieving control over the contents of our consciousness.

Our perceptions about our lives are the outcome of many forces that shape experience, each having an impact on whether we feel good or bad. Most of these forces are outside our control. There is not much we can do about our looks, our temperament, or our constitution. We

cannot decide—at least so far—how tall we will grow, how smart we will get. We can choose neither parents nor time of birth, and it is not in your power or mine to decide whether there will be a war or a depression. The instructions contained in our genes, the pull of gravity, the pollen in the air, the historical period into which we are born—these and innumerable other conditions determine what we see, how we feel, what we do. It is not surprising that we should believe that our fate is primarily ordained by outside agencies.

Yet we have all experienced times when, instead of being buffeted by anonymous forces, we do feel in control of our actions, masters of our own fate. On the rare occasions that it happens, we feel a sense of exhilaration, a deep sense of enjoyment that is long cherished and that becomes a landmark in memory for what life should be like.

This is what we mean by *optimal experience*. It is what the sailor holding a tight course feels when the wind whips through her hair, when the boat lunges through the waves like a colt—sails, hull, wind, and sea humming a harmony that vibrates in the sailor's veins. It is what a painter feels when the colors on the canvases begin to set up a magnetic tension with each other, and a new *thing*, a living form, takes shape in front of the astonished creator. Or it is the feeling a father has when his child for the first time responds to his smile. Such events do not occur only when the external conditions are favorable, however: people who have survived concentration camps or who have lived through near-fatal physical dangers often recall that in the midst of their ordeal they experienced extraordinarily rich epiphanies in response to such simple events as hearing the song of a bird in the forest, completing a hard task, or sharing a crust of bread with a friend.

Contrary to what we usually believe, moments like these, the best moments in our lives, are not the passive, receptive, relaxing times—although such experiences can also be enjoyable, if we have worked hard to attain them. The best moments usually occur when a person's body or mind is stretched to its limits in a voluntary effort to accomplish something difficult and worthwhile. Optimal experience is thus something that we make happen. For a child, it could be placing with trembling fingers the last block on a tower she has built, higher than any she has built so far; for a swimmer, it could be trying to beat his own record; for a violinist, mastering an intricate musical passage. For each person there are thousands of opportunities, challenges to expand ourselves.

Such experiences are not necessarily pleasant at the time they occur. The swimmer's muscles might have ached during his most memorable race, his lungs might have felt like exploding, and he might have been dizzy with fatigue—yet these could have been the best moments

of his life. Getting control of life is never easy, and sometimes it can be definitely painful. But in the long run optimal experiences add up to a sense of mastery—or perhaps better, a sense of *participation* in determining the content of life—that comes as close to what is usually meant by happiness as anything else we can conceivably imagine.

In the course of my studies I tried to understand as exactly as possible how people felt when they most enjoyed themselves, and why. My first studies involved a few hundred “experts”—artists, athletes, musicians, chess masters, and surgeons—in other words, people who seemed to spend their time in precisely those activities they preferred. From their accounts of what it felt like to do what they were doing, I developed a theory of optimal experience based on the concept of *flow*—the state in which people are so involved in an activity that nothing else seems to matter; the experience itself is so enjoyable that people will do it even at great cost, for the sheer sake of doing it.

With the help of this theoretical model my research team at the University of Chicago and, afterward, colleagues around the world interviewed thousands of individuals from many different walks of life. These studies suggested that optimal experiences were described in the same way by men and women, by young people and old, regardless of cultural differences. The flow experience was not just a peculiarity of affluent, industrialized elites. It was reported in essentially the same words by old women from Korea, by adults in Thailand and India, by teenagers in Tokyo, by Navajo shepherds, by farmers in the Italian Alps, and by workers on the assembly line in Chicago.

In the beginning our data consisted of interviews and questionnaires. To achieve greater precision we developed with time a new method for measuring the quality of subjective experience. This technique, called the Experience Sampling Method, involves asking people to wear an electronic paging device for a week and to write down how they feel and what they are thinking about whenever the pager signals. The pager is activated by a radio transmitter about eight times each day, at random intervals. At the end of the week, each respondent provides what amounts to a running record, a written film clip of his or her life, made up of selections from its representative moments. By now over a hundred thousand such cross sections of experience have been collected from different parts of the world. The conclusions of this volume are based on that body of data.

The study of flow I began at the University of Chicago has now spread worldwide. Researchers in Canada, Germany, Italy, Japan, and Australia have taken up its investigation. At present the most extensive collection of data outside of Chicago is at the Institute of Psychology of

the Medical School, the University of Milan, Italy. The concept of flow has been found useful by psychologists who study happiness, life satisfaction, and intrinsic motivation; by sociologists who see in it the opposite of anomie and alienation; by anthropologists who are interested in the phenomena of collective effervescence and rituals. Some have extended the implications of flow to attempts to understand the evolution of mankind, others to illuminate religious experience.

But flow is not just an academic subject. Only a few years after it was first published, the theory began to be applied to a variety of practical issues. Whenever the goal is to improve the quality of life, the flow theory can point the way. It has inspired the creation of experimental school curricula, the training of business executives, the design of leisure products and services. Flow is being used to generate ideas and practices in clinical psychotherapy, the rehabilitation of juvenile delinquents, the organization of activities in old people's homes, the design of museum exhibits, and occupational therapy with the handicapped. All this has happened within a dozen years after the first articles on flow appeared in scholarly journals, and the indications are that the impact of the theory is going to be even stronger in the years to come.

OVERVIEW

Although many articles and books on flow have been written for the specialist, this is the first time that the research on optimal experience is being presented to the general reader and its implications for individual lives discussed. But what follows is not going to be a “how-to” book. There are literally thousands of such volumes in print or on the remainder shelves of book-stores, explaining how to get rich, powerful, loved, or slim. Like cookbooks, they tell you how to accomplish a specific, limited goal on which few people actually follow through. Yet even if their advice were to work, what would be the result afterward in the unlikely event that one did turn into a slim, well-loved, powerful millionaire? Usually what happens is that the person finds himself back at square one, with a new list of wishes, just as dissatisfied as before. What would really satisfy people is not getting slim or rich, but feeling good about their lives. In the quest for happiness, partial solutions don't work.

However well-intentioned, books cannot give recipes for how to be happy. Because optimal experience depends on the ability to control what happens in consciousness moment by moment, each person has to achieve it on the basis of his own individual efforts and creativity. What a book can do, however, and what this one will try to accomplish,