

# Liking Work Really Matters

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## ***The New York Times:***

WE have all had to work on tasks we detest: Calculus homework, for example, is boring and hard. As soon as we start, we feel mentally exhausted, and the quality of our work suffers.

Now imagine you are an aspiring architect. Learning how calculus can help you design more creative and ambitious structures could be fascinating. Instead of feeling exhausted by your homework, you might feel energized and could work on it all night. The same work, but with a very different psychological effect.

Mihaly Csikszentmihalyi, a psychologist at the Claremont Graduate University, has been studying this latter phenomenon for decades. He calls it flow: the experience we have when we're "in the zone." During a flow state, people are fully absorbed and highly focused; they lose themselves in the activity.

Read the whole story: [\*The New York Times\*](#)