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Nota di contenuto	Frontmatter -- Contents -- List of contributing authors -- Preface Mihaly Csikszentmihalyi -- Introduction: Positive Change in Global World: Creative Individuals and Complex Societies Paolo Inghilleri, Giuseppe Riva and Eleonora Riva -- 1 Phenomenology of Positive Change: Social Growth Paolo Inghilleri -- 2 Phenomenology of Positive Change: Personal Growth Giuseppe Riva -- 3 Positive Change and Positive Technology Giuseppe Riva and Andrea Gaggioli -- 4 Positive Change and Networked Flow: From Creative Individuals to Creative Networks Andrea Gaggioli, Luca Milani, Elvis Mazzoni and Giuseppe Riva -- 5 Positive change in clinical settings: flow experience in psychodynamic therapies Eleonora Riva, Nicola Rainisio and Marco Boffi -- 6 Positive Change in Environment: Aesthetics, Environmental Flowability and Well-Being Nicola Rainisio, Marco Boffi and Eleonora Riva -- 7 Positive Change and Political Participation: Well-Being as an Indicator of the Quality of Citizens' Engagement Marco Boffi, Eleonora Riva and Nicola Rainisio -- 8 Positive Change and Scholastic Education Rob Cavanagh and David Sharnoff -- 9 Positive Change and Flow in Sport Barbara Diana, Luca Argenton and Marisa Muzio -- 10 Positive Change and Transgenerational Relationships in Family Business Paolo Inghilleri and Franco Cesaro -- 11 Positive Change and Mentoring in Adulthood Jeanne Nakamura -- 12 Positive Change and Quality of Time in Daily Life Wendy Fischman and Lynn Barendsen -- Author Index -- List of Figures -- List of Tables -- Index.

Sommario/riassunto

The book describes promotion and fostering of positive psychological change in everyday life, focusing on the concept of Flow of Consciousness - an experience of subjective psychological wellbeing that nourishes and complexifies the Self. The authors propose a wide overview of positive psychological experience, considering individual characteristics, the influence of context, culture, social relationships, and new technologies environments.
