

**Tora Aasland, the minister of research and education of Norway (2007 til 2012):**

I will strongly recommend the book about flow in daily life, written by Nina Hanssen and Frans Ørsted Andersen. They have managed to include and elaborate an extra dimension, let us call it extra quality in their flow documentation.

It is exciting, almost mysterious and nearly unexplainable, but it is there as a nerve in the book. And it is easy to catch both for people with fame and those without. Many interesting persons give much of themselves, either they are stars or become stars through this book. Inspiring!

**Frode Sørholt, chiropractor in Norway:**

The book "Flow in everyday life" hit me like a breath of fresh air, and I found myself smiling several times during the reading.

I recognized myself in the description of the state of mind "flow", and it reminded me why I love my job; I get in to the "flow" quite often! The book will serve as a tool for anyone who has a everyday life with tight time schedules- as you can find flow also when you are very busy.

**Professor in psychology Roald Bjørklund from the University of Oslo:**

The book focusing on motivation and flow in daily life, by the authors Nina Hanssen and Frans Ørstad Andersen is well written and easy to read.

The book introduces aspects related to human motivation but require no prior knowledge in theories of motivation. The book addresses people with general interests in human resources. In addition, people with some knowledge in human motivation might as well be inspired by the stories included in the book. Flow motivation theory is to be understood within the framework of applied positive psychology. Hence, people who work in daily relation with other people might find the book to be a helpful tool.

**Carla Ardito, yoga instructor and breath technique expert New York, US:**

As I continue to study the phenomenon known as "BREATHING", I find that I am simultaneously involved in the study of energy and flow. There is so much still to discover about the organism known as 'human being' and Nina Hanssen and Frans Ørsted Andersen's book is an excellent contribution to that study.

**Line Einan, Training Manager in Norway:**

From a trainers perspective finding flow is part of great performance. The moment you are able to put your motivation together with your professionalism, it equals performance. Flow is of course also part of everyday life.

The book gives everyday examples in aspects with several cases, and as a trainer I see flow in my colleagues working with them - as they receive immediate feedback on their performance. Use the book as an inspirational tool on changing results when interaction is present. Feedback is the key.