

Contents

<i>General Editor's Preface</i>	<i>vii</i>
<i>Foreword</i>	<i>ix</i>
<i>Preface</i>	<i>xi</i>
<i>Acknowledgements</i>	<i>xiii</i>
<i>Respondents</i>	<i>xv</i>
Introduction	1
1 Unravelling Flow Experiences	9
2 'Like a Junkie Looking for a Musical Fix': Positive Feelings and Motivation from Flow	19
3 'Purely for the Love of Music': Emotionalism in Discussions of Flow	29
4 'Always Concentrating on the Music': Highlighting Professionalism	41
5 'Profound Merging with People': Enhanced Collectivity within the Band	63
6 'The Whole Mystery of Being Human': Spirituality and Flow	77
7 'Unreserved Approval': The Importance of the Audience	97
8 'Smallish Intimate Places': Optimal Performance Venues	111
9 Contextual Issues	129
10 Wider Perspectives on Flow and Altered States of Consciousness	147
<i>Bibliography</i>	<i>157</i>
<i>Index</i>	<i>165</i>