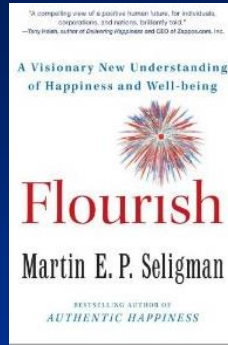
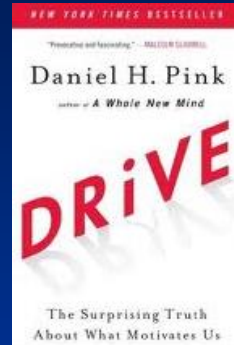


August Books



Martin Seligman
"Flourish"
(繁栄?)



Daniel Pink
"Drive"
(検認?)

1

4 Book Summary



2

1st Book: *Flourish* ..5 parts



<https://www.youtube.com/watch?v=mnI1ZUgFPIM>

3

Flourish ...5 Parts



4

Flourish
Mihaly C. P. Seligman

Flourish ...Part #1 & #2



(Ben Shahrar)



(Mihaly)






5


Flourish
Mihaly C. P. Seligman


Flourish ...Part #3 & #4



(Ben Shahrar)

“...to give as well as take and be a part of the bigger picture”





“...activities that encourage us to think and feel beyond ourselves”

6

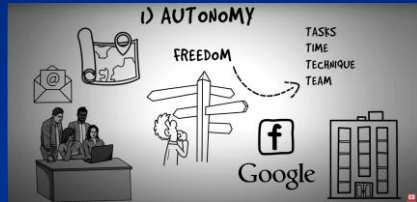
Flourish ...Part #5



“...cultivates resilience so we don’t give up when things are challenging...”

2nd Book: *Drive* ...3 Parts...Part #1

(Time = 3:10)



Autonomy = Control of...

- Task (what?)
- Time (when?)
- Technique (how to...?)
- Team (who? friends, etc)



<https://www.youtube.com/watch?v=Ulx5d6nhqz8> (first 6:47)

7

Drive ...Part #2 & #3

(Time = 4:03)



Mastery = Accomplishment:

- too easy -> boredom
- too hard -> stress
- Goldilocks = “just right”

(Mihaly)

Pink: Mastery

=

Seligman: Accomplishment

(Time = 5:34)



Pink: Purpose
=
Seligman: Meaning

(Ben Shahr)



8