



Experience Sampling Method: Measuring the Quality of Everyday Life

Joel M. Hektner, Jennifer A. Schmidt, Mihaly Csikszentmihalyi

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Experience Sampling Method: Measuring the Quality of Everyday Life is the first book to bring together the theoretical foundations and practical applications of this indispensable methodology. Authors Joel M. Hektner, Jennifer A. Schmidt, and Mihaly Csikszentmihalyi provide fascinating information for anyone interested in how people go about their daily lives.



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