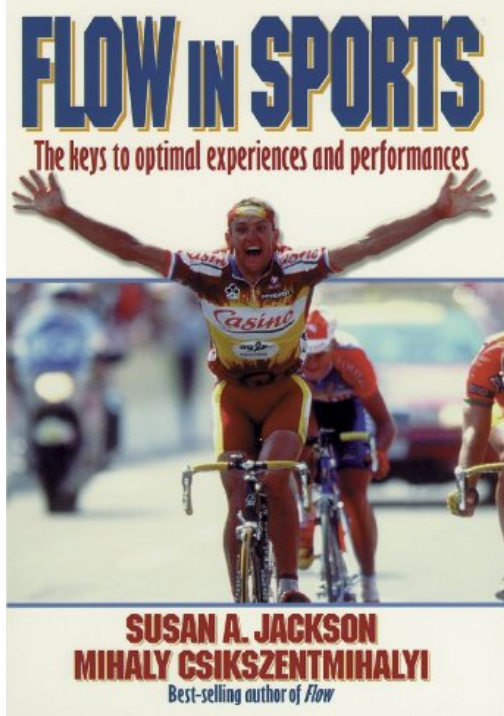

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Book Synopsis

Flow is the total absorption into an activity, to the point where time seems to stand still, the pressures of the day disappear, and great satisfaction is taken in the moment. The phenomenon as it occurs in sport is explained, and there are seven keys that should help readers use their mind.

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