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About the Author. Mihaly Csikszentmihalyi , Ph.D., is a professor and former chair of the department of psychology at the University of Chicago.He is currently the Davidson Professor of Management and the director of the Quality of Life Research Center at Claremont Graduate University.

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high challenges and low skills has been associated with the experience of anxiety, a ratio of low challenges and high skills with that of boredom or relaxation and a ratio of low challenges and low skills with that of apathy (Delle Fave, Massimini & Bassi, 2011) .

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