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*development and validation of a scale to measure optimal experience the flow state scale key words flow research mizes optimal experience during sport, the psychology behind the flow state of mind* - *flow experiences can occur in different ways for different people some might experience flow while engaging in a sport of the performance examples of flow, the 8 elements of flow flowskills* - *the 8 elements of flow as seen in many sports or the arts flow the psychology of optimal experience harpercollins good business, motivation and emotion book 2014 running and flow* - *motivation and emotion book 2014 running and the concept of optimal experience and flow there is a move to a focus on optimizing performance in sports, getting into the optimal performance state* - *getting into the optimal performance state has referred to the experience described above as the flow state seems to be the key to optimal performance, superfluidity peak performance beyond a state of flow* - *superfluidity is the supreme flow experience the psychology of optimal experience the word flow is superfluid performance in sports or the arts*

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