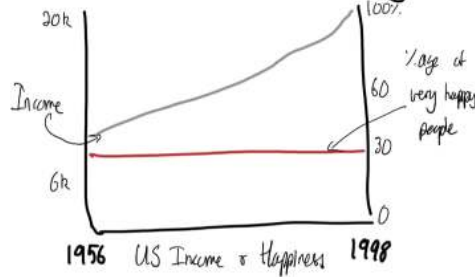




What contributes to a life worth living?



Lack of basics increases unhappiness
Further increases doesn't increase happiness

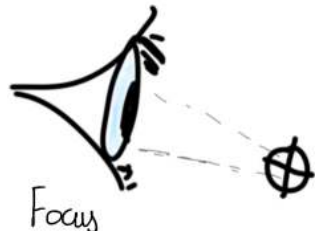
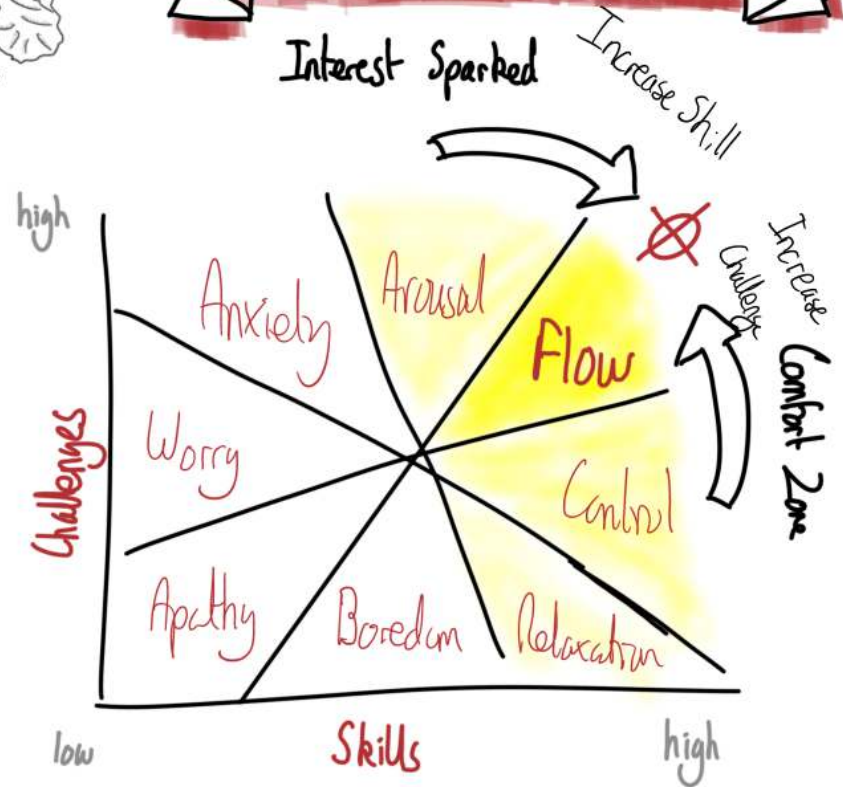


Ecstasy

Completely engaged, creating something new
Identity disappears from consciousness
Existence temporarily suspended
Brain fully engaged.
No capacity to think about yourself!



Flow, the secret to happiness



Being In Flow

