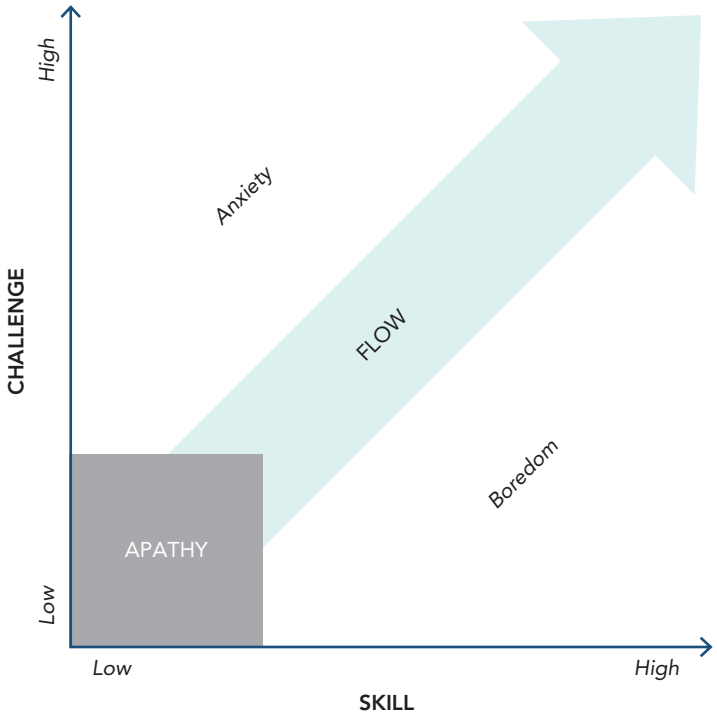Figure 3.2 Flow as the relationship between challenge and skill.