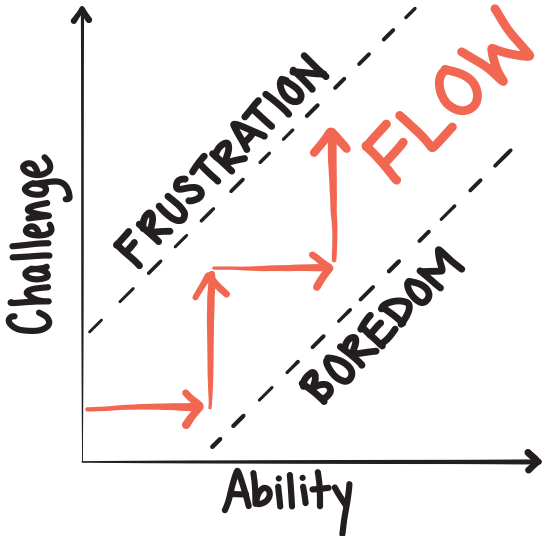

Figure 9.2 Graphical representation of the balance between challenge and skill as a dynamic process.