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your skills are getting tested by the max  
challenge and that is flow and the idea is  
that we want to do is seek out careers  
activities et cetera that plop us in that state  
that can kind of maxing out our skills at the  
right challenge"the state of wellbeing  
science**

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well involves both feeling good and  
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for life this knowledge is for students or non  
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spirituality and well being is crucial for  
psychiatry to achieve its meaning and  
purpose but spirituality and well being have  
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promote a broader understanding of what it  
means to be a human being'**

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May 29th, 2020 - right from the beginning

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readers of feeling good the science of well being are whisked away on an unprecedented philosophical and scientific odyssey beginning with a brief overview of philosophy dr cloninger shows how certain beliefs on the nature of being knowledge and conduct which provide the basis for his science of well being are confirmed by current scientific thought'

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