



## Go With the Flow

Finding something that puts us in a state of flow or a state where one is fully immersed and enjoying an activity helps us minimize unpleasant things in our lives, makes us more productive, and generally makes us happier. We will talk about how we can support someone to intentionally find more flow in their lives.

Please note that some early episodes will now be temporarily unavailable on streaming platforms. All episodes will still be available to listen to on [MyODP.org](https://www.myodp.org).



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