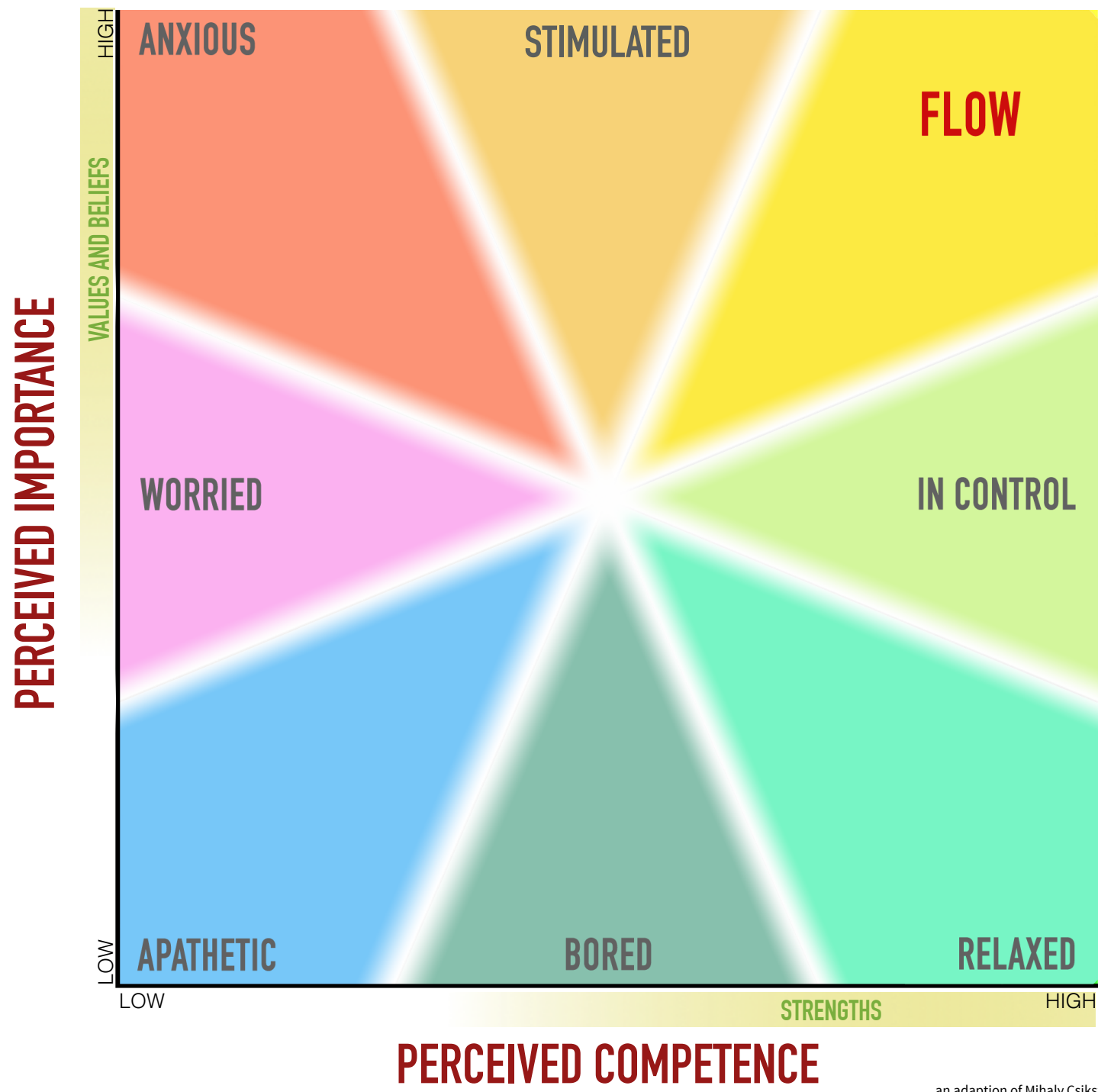


The Focus Shifter



an adaption of Mihaly Csikszentmihalyi's chart