

了解心流與結構是相輔相成的，這點很有幫助。沒有結構的心流會導致混亂。沒有心流的結構則令人乏味，會導致限制性習慣和一切照舊。隨著時間的推移，心流逐漸建立，它將超越結構，最終改變結構。——艾米·伯恩斯坦，Open Mind

Adventures™ 總裁，《減壓成就更多》（Stress Less Achieve More），第 110 頁，<https://stresslessachievemore.com/> 和 <http://www.Openmindadventures.com>

It's helpful to understand that flow and structure go hand in hand. Flow without structure leads to chaos. Structure without flow leads to boredom, restrictive habits, and business-as-usual. Over time, as flow builds, it transcends structure and ultimately changes it.

—Amy Bernstein, President of Open Mind Adventures™, Stress Less Achieve More, page 110, <https://stresslessachievemore.com/> and <http://www.Openmindadventures.com>