# Recent reading

## Theory

Theory text with a citation [1] with an equation $E = mc^2$.

These authors claim that maximizing the flux results in minimizes the free energy wells of intermediate metastable states.

The forward rate constants from state $i$ to $j$ are $k\_ij$ and these are reversible transitions. The rate is $k^+\_ijP\_i$, where $P\_i$ is the probability in bin (or state) $i$. There is a total free energy budget $\sigma_{tot}$ that describes the free energy difference across the cycle.

## References

1. Brown AI, Sivak DA. 2017 Allocating dissipation across a molecular machine cycle to maximize flux. See https://arxiv.org/abs/1703.05283v3.