

The image shows two men in a gym or clinic setting. The man on the left, wearing a black shirt, is clapping his hands together in front of him. The man on the right, wearing a red shirt, is also clapping his hands together, slightly higher and further back. In the background, there are wooden cabinets, a shelf with four large exercise balls (orange, red, blue, and green), and two anatomical charts. One chart is titled 'THE MUSCULAR SYSTEM' and the other is titled 'THE CARDIOVASCULAR SYSTEM'. The text 'How to Reboot Your Brain in 30 Seconds' is overlaid in large, bright green letters with a black outline.

# How to Reboot Your Brain in 30 Seconds

# Reboot Your Brain

**S Baum**



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