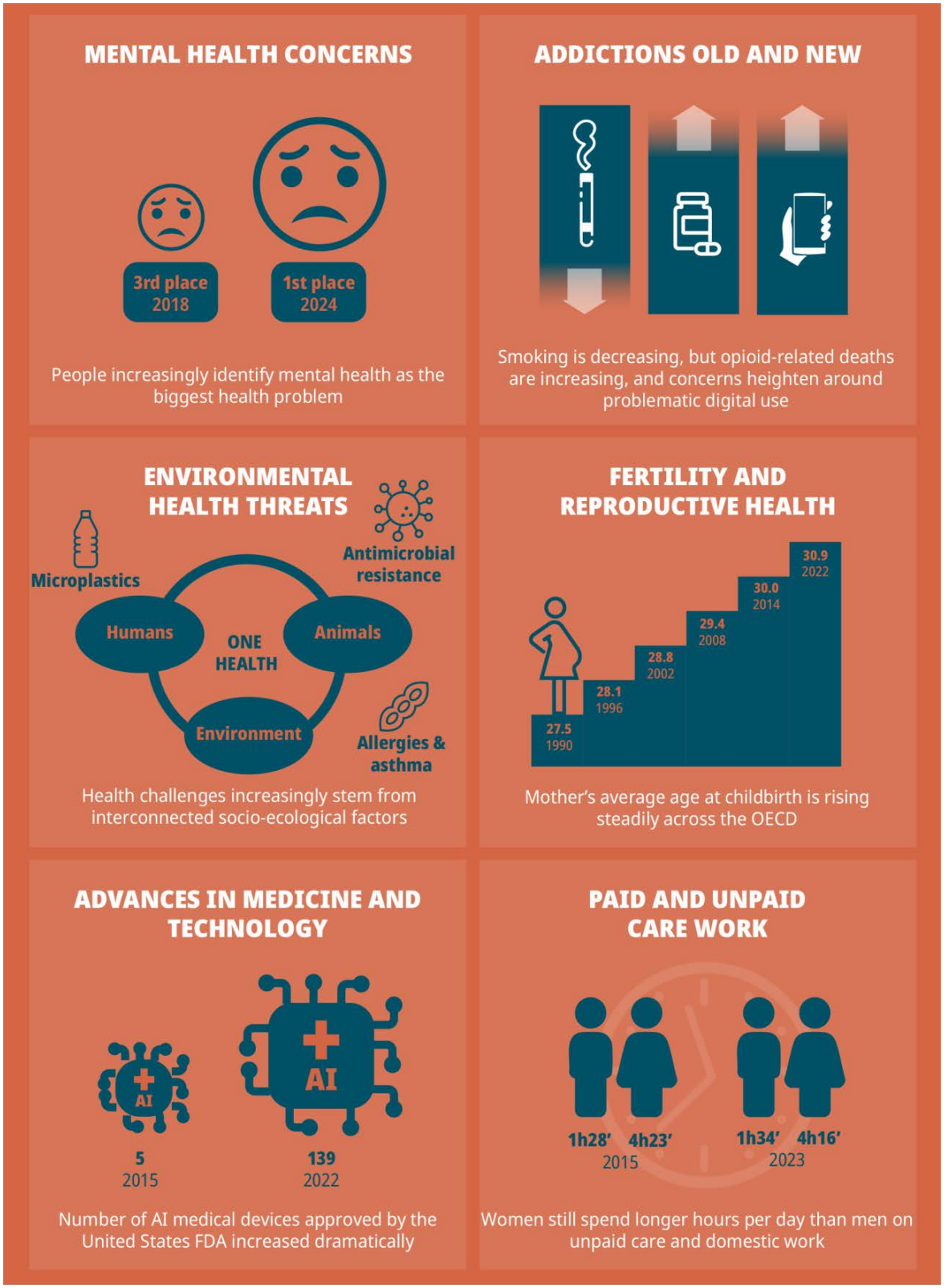Infographic 5.1. Bodies and Minds – Chapter highlights