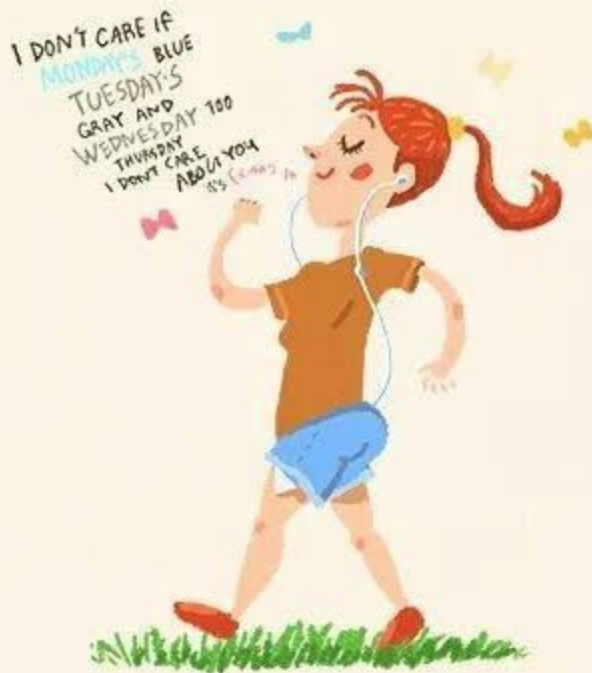


Start the day with a simple glass of water.



**THIS IMPROVES THE SPEED
AT WHICH YOU WORK.**

Go for a walk in the fresh air.



THIS IMPROVES YOUR PRODUCTIVITY.

Instead of watching TV, read a book.



THIS IMPROVES YOUR IMAGINATION.

Play computer games.



**THIS IMPROVES YOUR TACTICAL
AND STRATEGIC THINKING.**

Have a break and drink a cup of green tea.



THIS IMPROVES YOUR CONCENTRATION.

Allow yourself to have a short daytime nap.



**THIS WILL IMPROVE YOUR CONCENTRATION
AND ATTENTION SPAN.**

Engage in debate and discussion with others.



**THIS IMPROVES YOUR LOGICAL
THINKING AND ABILITY TO MAKE
A RATIONAL ARGUMENT.**