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Sommario/riassunto	A lot of people are interested in health and fitness these days and to that end, they will spend a lot of time in the gym or out running in a bid to try and build more muscle and increase their physical fitness. But while this is an admirable aim, it's maybe an example of us having the wrong priorities. Why? Because these days we don't use our bodies half as much as we use our brains. Our br...