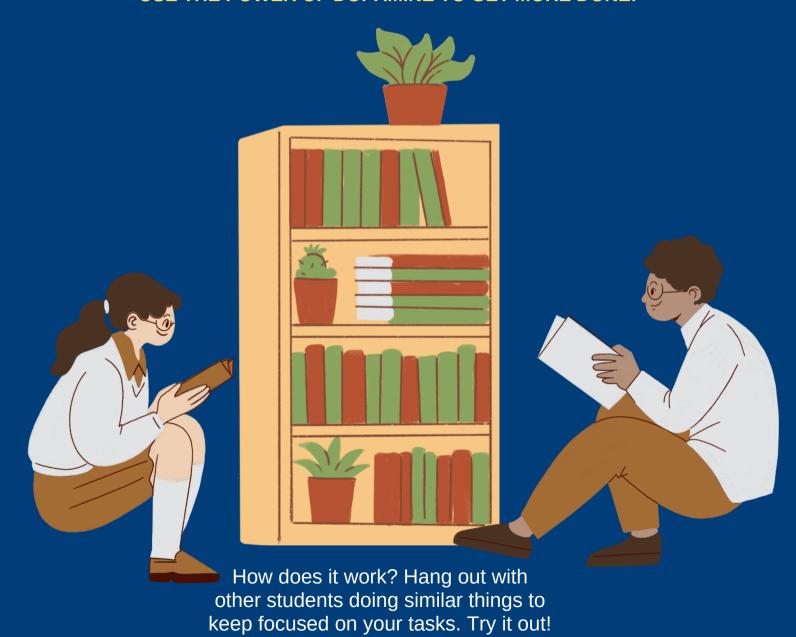
## Now at DROP-INs!

## **BODY DOUBLING**

**USE THE POWER OF DOPAMINE TO GET MORE DONE!** 



Why does it work?

- Mirror Neurons

- Dopaminergic Responses
- Polyvagal Theory
  Social Facilitation Theory
  - The Hawthorne Effect Human Motivation Theory

