

Brain Medicine

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Cover Art

Cover Image: A tranquil autumn landscape in Northern Idaho reveals the restorative power of nature in supporting mental health and well-being. This photograph captures a rocky mountain stream bed with large volcanic boulders reflecting in still pools, framed by golden aspens and evergreen conifers against a backdrop of forested mountains and clear blue sky. The scene exemplifies the therapeutic environments that Professor Helen Lavretsky describes as essential for maintaining balance between academic demands and personal wellness, as discussed in her Genomic Press Interview (pages [23–26]).

Image credit: Helen Lavretsky/Personal Collection. Photograph taken in Northern Idaho, USA.

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