

**Fusce Mi Eros Tristique Non Lacinia In Ornare Id Nisl**

**Abstract**

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**Keywords**

Pellentesque; Quisque; Sed ornare.

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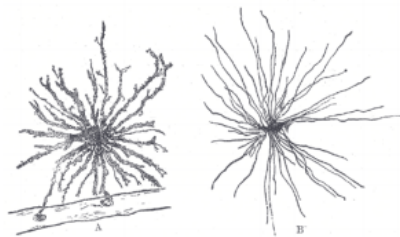
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## Figures and Tables



*Figure 1.* Neuroglia brain cells. Golgi's method illustrates that cell A has branched processes while spider cell B shows unbranched processes. From Gray, Henry. (2000). *Anatomy of the human body* (20th ed.). Warren H. Lewis (Ed.). Philadelphia: Lea & Febiger. Retrieved from <http://www.bartelby.com/107/illus623.html> (Original work published 1918)

Table 1

*Summary of Studies Included in Meta-Analysis on the Effectiveness of Rocking Out Like No One's Watching (ROLNOW)*

Study	<i>N</i>	Cohen's <i>d</i>	<i>SD</i>
Atashin (2013)	384	0.86	0.63
Dumile & Jackson (2015)	176	1.21	0.95
Garcia, Homme, Oliveri, & Bjork (2014)	231	0.72	0.64
Iyer, Lehman, & Sorey (2014)	406	1.14	0.97
Onuki, Agata, & Hamamoto (2014)	127	0.63	0.41

Table 2

*Sample Responses to the ROLNOW Survey*

Variable	Question	Sample responses
Coolness	How cool did you feel?	<p>"Cool as a cucumber in a bowl of hot sauce."<sup>a</sup></p> <p>"Not at all cool. I actually felt kind of dorky."<sup>b</sup></p>
Motivation/energy	How motivated and energized did you feel?	<p>"I felt ready to take on the world!"<sup>c</sup></p> <p>"Not very. I almost fell asleep!"<sup>b</sup></p>
Happiness	How happy were you?	<p>"I was completely elated and filled with positive thoughts!"<sup>d</sup></p> <p>"I was pretty happy, but I don't think rocking out had anything to do with it."<sup>a</sup></p>
Attractiveness	How physically attractive did you feel?	<p>"I felt pretty, oh so pretty!"<sup>e</sup></p> <p>"I was a gyrating mess of flailing limbs, so I probably didn't look all that attractive."<sup>c</sup></p>

<sup>a</sup>Dumile and Jackson (2015, p. 31). <sup>b</sup>Iyer, Lehman, and Sorey (2014, p. 79). <sup>c</sup>Onuki,