```
(\m. (\n. (\f. (\x. (m (n f)) x))))
(\f. (\x. f(f x)))
(\f. (\x. f(f(f x))))

= substitute for m and n

\f. (\x. ((\f. (\x. f(f x))) ((\f. (\x. f(f(f x)))) f)) x)

= substitute for the third \f, delete superfluous parentheses

\f. (\x. ((\f. (\x. f(f x))) (((\x. f(f(f x)))))) x)

\f. (\x. ((\f. (\x. f(f x))) (\x. f(f(f x)))) x)

= substitute for the second \f

\f. (\x. (((\x. (\x. f(f(f x))) ((\x. f(f(f x))) x)))) x)

\f. (\x. (\x. (\x. f(f(f x))) ((\x. f(f(f x))) x)) x)

= substitute for the second \x

\f. (\x. ((\x. f(f(f x))) ((\x. f(f(f x))) x)))

= substitute for the third \x

\f. (\x. ((\x. f(f(f x))) ((f(f(f x))))))

\f. (\x. ((\x. f(f(f x))) (f(f(f x)))))

= substitute for the second \x

\f. (\x. ((f(f(f(f(f(f x)))))))

\f. \x. f(f(f(f(f(f x)))))
```