$$\int_{0}^{1} \left( \int_{\frac{1}{\sqrt{1 + y^2}}}^{2} (x^2 + y^2) dx \right) dy$$

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$$\int_{0}^{1} \left( \int_{\frac{1}{\sqrt{1 + y^2}}}^{2} (x^2 + y^2) dx \right) dy$$