

```
1 ++++++
  ++++++
  ++++++
2 Exploring the Doubly Linked List:
3 ++++++
  ++++++
  ++++++
4 Exercise / Yoga <<<--->> Meditate <<<--->> Read a
  Book <<<--->> Check Emails <<<--->> Check News
  <<<--->> Take a Shower
5 ++++++
  ++++++
  ++++++
6 ++++++
  ++++++
  ++++++
7 Exploring the Doubly Linked List:
8 ++++++
  ++++++
  ++++++
9 Check Mobile Apps <<<--->> Exercise / Yoga
  <<<--->> Meditate <<<--->> Read a Book <<<--->>
  Check Emails <<<--->> Check News <<<--->> Take a
  Shower
10 ++++++
    ++++++
    ++++++
11 Head: Check Mobile Apps
12 Tail: Take a Shower
13
14 Process finished with exit code 0
15
```