

Vital Mental Medicine  
 "Superhuman effort isn't worth a damn unless it achieves results." - Ernest Shackleton

The image displays a complete banjo tablature for the piece "Vital Mental Medicine". It is written in 4/4 time and consists of 24 measures. The notation includes five staves (D, B, G, D, G) with various fret numbers and techniques such as hammer-ons (H), pull-offs (Po), and slurs. Chord diagrams for G, C, D7, and G are provided above the corresponding measures. Measure 1 includes a 4/4 time signature. Measure 8 features a repeat sign labeled "1. D7" and "X2". Measure 24 ends with a double bar line.