(a) Determine
$$\int f(x) dx$$

 $f(x) = \frac{1}{\sqrt{x^2 + 2x + 10}}$

(b) Hence show that the mean value of f(x) over the interval [2, 20] may be expressed in the form $a \ln(b + c\sqrt{2})$, where a, b and c are rational constants to be determined.