

$$\int_0^1 \left\{ \int_0^1 \frac{s^2 - t^2}{(s^2 + t^2)^2} dt \right\} ds = \int_0^1 \left\{ \int_0^1 \left(\frac{1}{s^2 + t^2} - \frac{2t^2}{(s^2 + t^2)^2} \right) dt \right\} ds$$