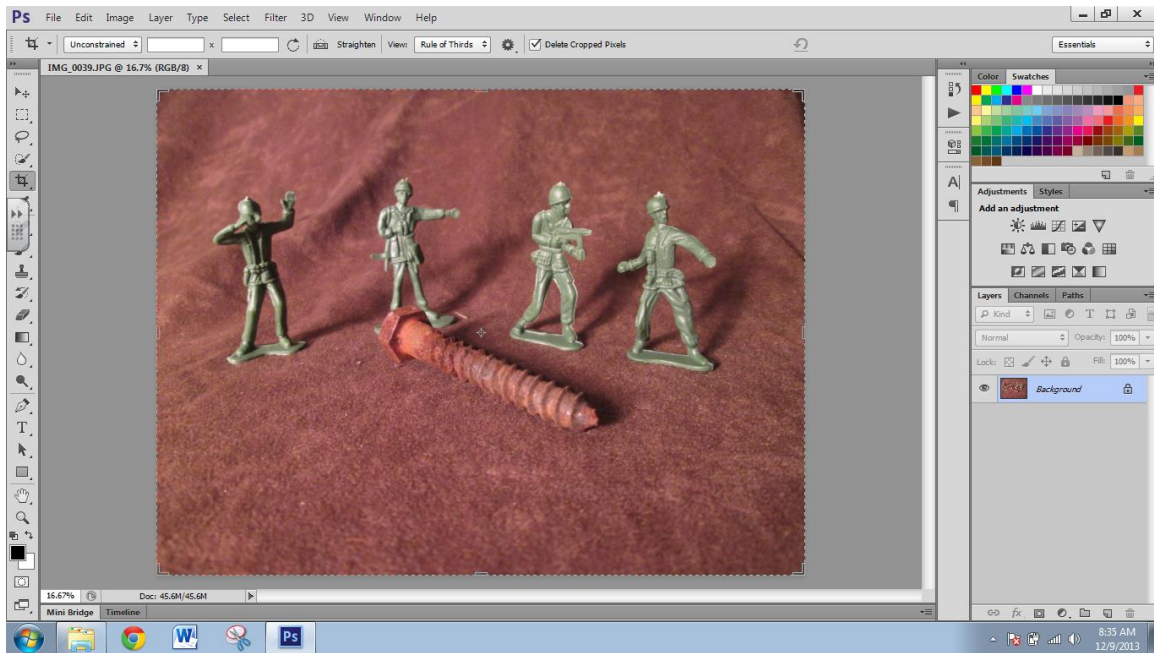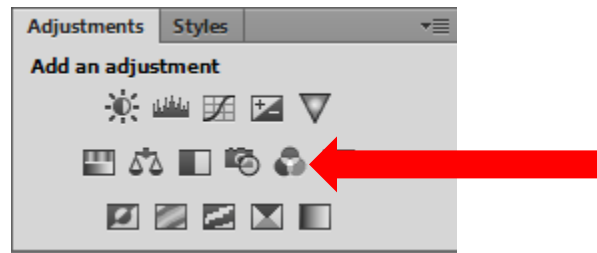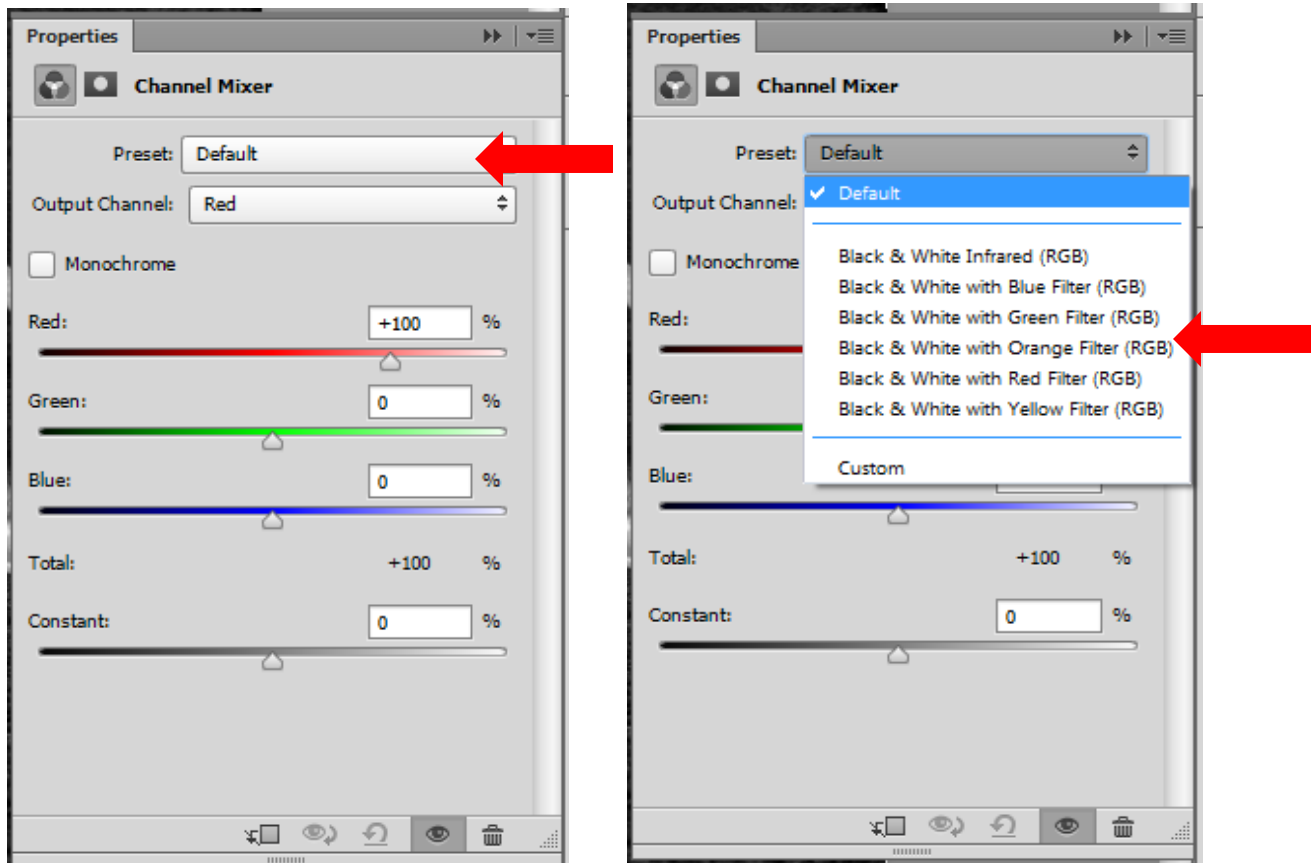Step 1: Open your image in Photoshop

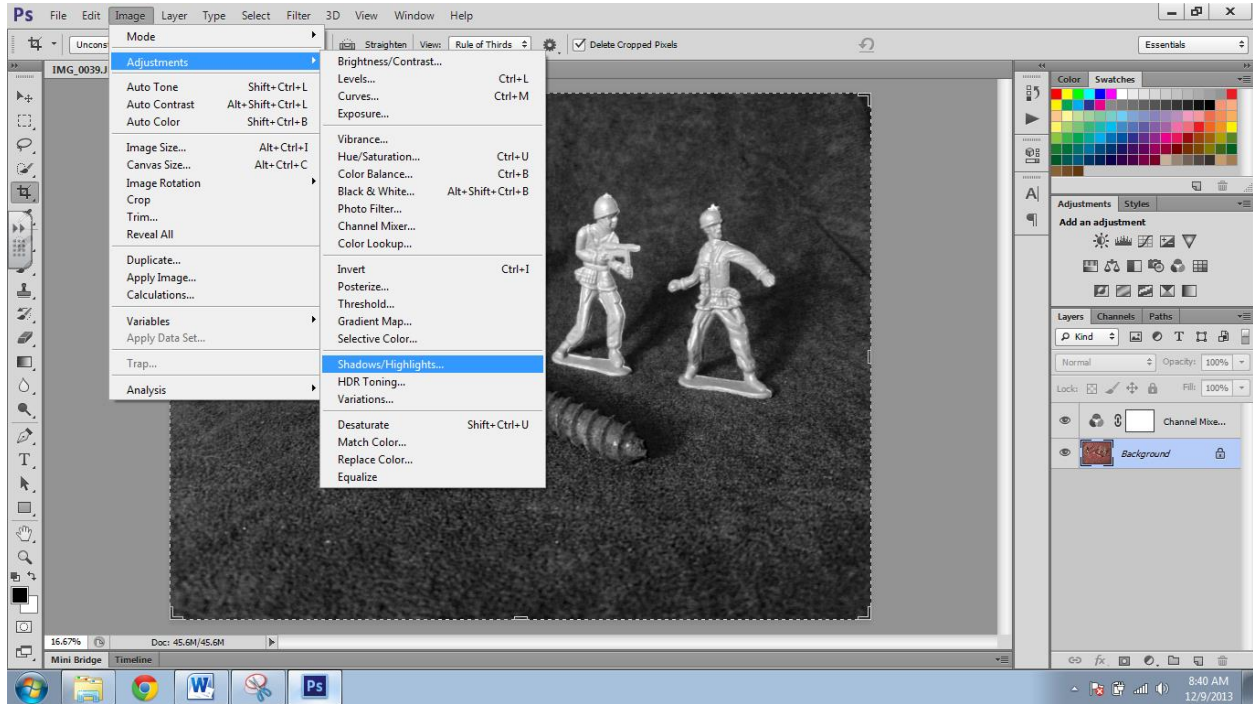Step 2: Create a Channel Mixer Adjustment Layer

This Menu will appear, Click on the default button and choose one of the "black and white" options

Once you have chosen one you can adjust specific colors and their values in your image. This is how you are going to get a range and contrast of values.
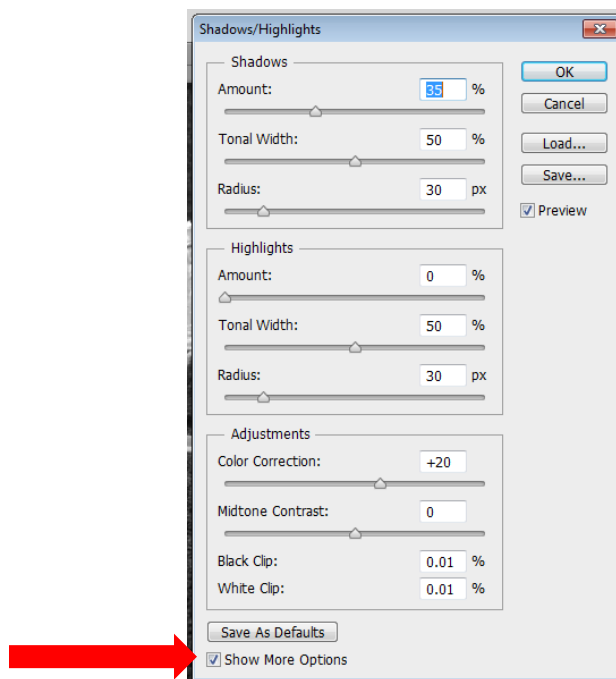
Step 3: **!!! Click on your background layer again!!!**

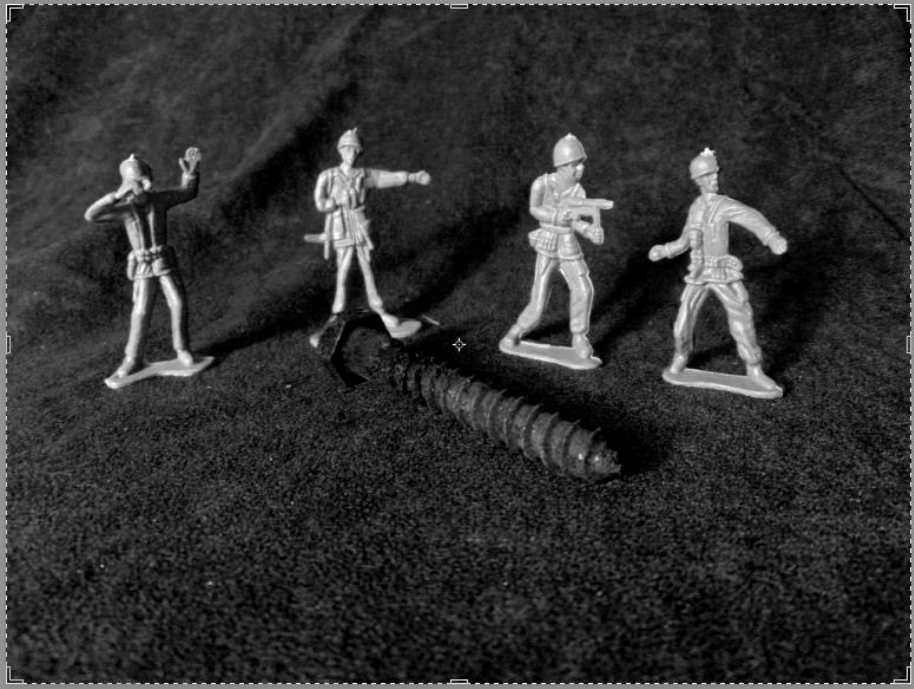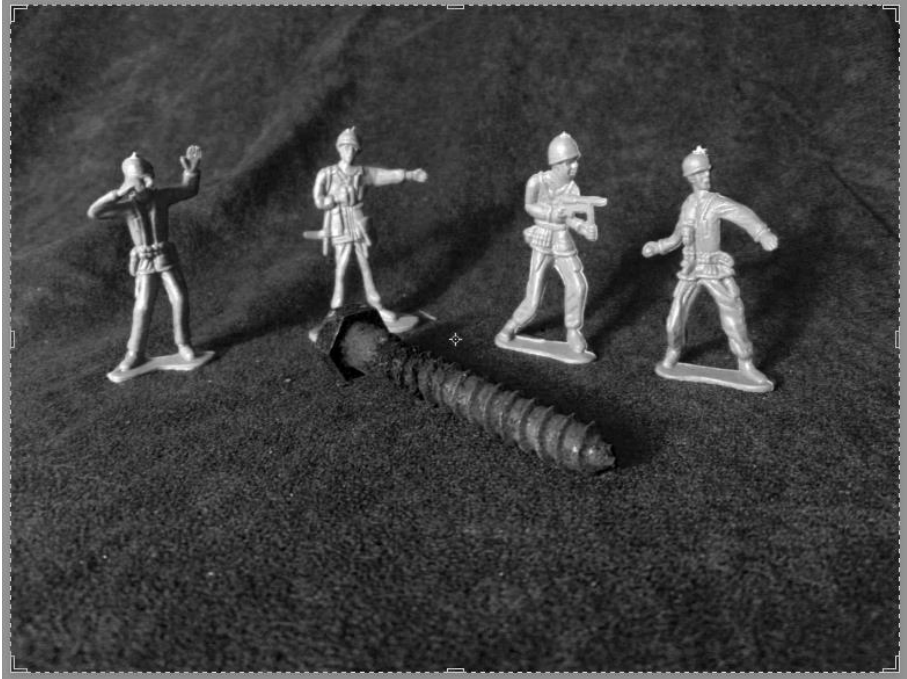Click Image> Adjustments> Shadows/Highlights (Shown below)

The menu below will show up (click Show more to get the full menu)

Adjust these bands to increase shadows and highlights in your image

Before and After:

Note: there are slight differences in the value range; this is what I am looking for!