

LEARN DANISH WITH THE SNOW QUEEN INTERLINEAR DANI Tutorial

Learn Danish with the Snow Queen Interlinear Dani: An In-Depth Guide

Learn Danish with the Snow Queen Interlinear Dani offers a unique and engaging approach to acquiring Danish language skills by leveraging the timeless appeal of Hans Christian Andersen's classic fairy tale, "The Snow Queen." This method combines traditional language learning techniques with the rich cultural and literary context of Danish literature, creating an immersive experience that enhances comprehension, vocabulary, and pronunciation. In this article, we explore how the interlinear Dani method works, its benefits, and practical steps to incorporate it into your Danish learning journey.

Understanding the Interlinear Dani Method

What is Interlinear Text?

Interlinear text involves placing a word-by-word translation directly below or above the original text. This format allows learners to see the structure of sentences, understand vocabulary in context, and grasp grammatical nuances simultaneously. For example:

Original: Den store is sneede ned.

Translation: The big ice snowed down.

This approach makes it easier to decode unfamiliar words and understand sentence construction without constantly switching between a dictionary and the original text.

Why Use "The Snow Queen" as a Learning Tool?

- **Cultural Relevance:** "The Snow Queen" is a cornerstone of Danish literary heritage, offering insights into Danish storytelling, idioms, and cultural themes.
- **Rich Vocabulary:** The story contains a wide range of vocabulary ? from simple words to more complex descriptive language.
- **Engaging Narrative:** The captivating plot keeps learners motivated and interested in progressing through the language.

What is Dani in Language Learning?

The term "Dani" refers to a specific form of interlinear translation tailored for language learners, often emphasizing clarity and gradual vocabulary acquisition. The "interlinear Dani" method involves layered translations, with the original Danish text, a word-for-word translation, and sometimes a natural, idiomatic translation, helping learners connect the dots between Danish and their native language.

Benefits of Learning Danish with the Snow Queen Interlinear Dani

Enhanced Vocabulary Acquisition

By seeing words in context and their direct translations, learners can reinforce their understanding of Danish vocabulary. Repetition across different sentences helps solidify new words and idioms.

Improved Grammar Comprehension

The interlinear format exposes users to grammatical structures, such as verb conjugations, noun cases, and sentence order, in a natural context. Over time, this familiarity leads to better grammatical intuition.

Increased Cultural Awareness

Reading "The Snow Queen" in tandem with interlinear translation offers cultural insights into Danish storytelling, societal values, and linguistic nuances that are often lost in isolated vocabulary drills.

Progressive Learning Curve

- **Beginner Phase:** Focus on basic vocabulary and sentence structures.
- **Intermediate Phase:** Expand to complex sentences, idioms, and literary language.
- **Advanced Phase:** Engage with original text without translations, develop fluency, and appreciate literary nuances.

Practical Steps to Learn Danish with the Snow Queen Interlinear Dani

1. Obtain or Create Interlinear Texts

- **Pre-made Resources:** Search for existing interlinear editions of "The Snow Queen" or similar works in Danish.

- **DIY Approach:** Use a bilingual dictionary and the original Danish text to create your own interlinear version. This hands-on process deepens understanding.

2. Break Down the Text

Start with manageable segments, such as a paragraph or a few sentences. Focus on understanding each word's meaning and grammatical role before moving on.

3. Use Multi-Layered Translations

- **Original Danish Text:** The actual passage from the story.
- **Word-for-Word Translation:** Direct translation for vocabulary and grammar clarity.
- **Natural Translation:** A smooth, idiomatic version in your native language to grasp the overall meaning.

4. Incorporate Listening and Pronunciation Practice

- Find audio recordings of "The Snow Queen" read aloud in Danish.
- Repeat phrases aloud, mimicking pronunciation and intonation.
- Use shadowing techniques to improve fluency.

5. Engage with Cultural and Literary Context

- Research background information about Hans Christian Andersen and Danish fairy tales.
- Discuss themes, symbolism, and moral lessons present in "The Snow Queen."
- Explore Danish customs and traditions related to storytelling.

6. Regular Practice and Review

- Set daily or weekly goals for reading segments of the story.
- Review previous sections to reinforce vocabulary and grammatical structures.
- Practice translating from Danish to your native language and vice versa.

Additional Resources and Tips

Utilize Digital Tools

- **Language Apps:** Duolingo, Memrise, or Babbel for foundational Danish skills.
- **Online Dictionaries:** For quick look-ups of unfamiliar words.
- **Text-to-Speech Software:** To hear authentic pronunciation.

Join Language Learning Communities

- Participate in forums or social media groups dedicated to Danish learners.
- Share resources, ask questions, and practice reading aloud with others.

Combine Multiple Learning Modalities

- Read the story visually, listen to it aurally, and write summaries or translations.
- Engage in conversation with native speakers or tutors.

Conclusion: Embracing the Journey with "The Snow Queen"

Learning Danish through the interlinear Dani method, especially using a beloved literary work like "The Snow Queen," transforms language acquisition into an enriching cultural experience. By seeing the language in context, understanding grammatical structures in real stories, and immersing yourself in Danish storytelling tradition, you can develop a deep, authentic understanding of the language. This approach not only accelerates vocabulary and grammar comprehension but also fosters a lifelong appreciation for Danish literature and culture. Whether you are a beginner or an advanced learner, integrating "The Snow Queen" with interlinear translation techniques offers a rewarding pathway to fluency and cultural literacy in Danish.

Learn Danish with the Snow Queen Interlinear Dani: A Unique Language Learning Approach

In the realm of language acquisition, innovative methods often emerge to make the process more engaging and effective. One such pioneering approach is learning Danish through the Snow Queen Interlinear Dani. Combining the enchanting narrative of Hans Christian Andersen's classic fairy tale with meticulous linguistic analysis, this method offers a distinctive pathway for learners eager to master Danish. Whether you're a beginner or an intermediate learner, delving into this approach can deepen your understanding of Danish language structure, vocabulary, and cultural nuances. In this article, we'll explore what the Snow Queen Interlinear Dani method entails, its benefits, how it works in practice, and tips to maximize your learning journey.

What Is the Snow Queen Interlinear Dani Method?

The Concept of Interlinear Texts

Interlinear texts are a linguistic tool that presents a word-for-word translation beneath the original text. This format allows learners to see the direct correlation between the original language and their target language, fostering a deeper understanding of grammar, syntax, and vocabulary. Interlinear texts are widely used in language learning, especially for less commonly studied languages or complex literary works.

The Unique Twist: Incorporating the Snow Queen

The Snow Queen, a beloved fairy tale by Hans Christian Andersen, serves as the core material for this method. Andersen's stories are deeply rooted in Danish culture and language, making them ideal for immersive learning. By utilizing an interlinear format with "Dani"—a stylized or pedagogical version emphasizing Danish nuances—the method bridges literary appreciation with language acquisition.

Who Developed This Method?

While the concept of interlinear texts is centuries old, the "Snow Queen Interlinear Dani" approach appears to be a specialized adaptation created by language educators and digital enthusiasts aiming to make Danish more accessible and engaging. Its focus on Andersen's narrative provides learners with cultural context, vocabulary, and grammatical structures within a captivating story.

How Does the Snow Queen Interlinear Dani Method Work?

Step-by-Step Breakdown

- Selection of Text: The Snow Queen story is segmented into manageable sections, such as chapters or scenes, to facilitate focused study sessions.

- Interlinear Formatting: Each passage is presented with three layers:

- The original Danish sentence.
- A line-by-line literal translation.
- An explanatory note or grammatical breakdown highlighting key linguistic features.

- Vocabulary and Grammar Focus: Important words are highlighted, with definitions and pronunciation guides provided. Grammar points—such as verb conjugations, noun cases, or sentence structure—are explained in accessible language.

- Repetition and Practice: Learners are encouraged to read aloud, translate, and analyze the text, reinforcing both vocabulary and grammatical understanding.

- Cultural Context: Notes about cultural references, idiomatic expressions, or historical context enrich the learning experience, fostering cultural literacy alongside language skills.

Practical Tools and Resources

- Digital Platforms: Many online courses or apps incorporate Snow Queen interlinear texts, often with audio support.

- Printed Books and PDFs: Some educational publishers produce annotated versions of Andersen's stories specifically designed for language learners.

- Community and Forums: Learners can join discussion groups to exchange insights, ask questions, and practice reading.

Benefits of Using the Snow Queen Interlinear Dani Method

- Deepens Understanding of Grammar and Syntax

Seeing the direct translation beneath the Danish text allows learners to notice grammatical patterns, sentence structures, and idiomatic expressions. Over time, this fosters intuitive grasping of Danish syntax.

- Expands Vocabulary in Context

Instead of memorizing isolated words, learners encounter vocabulary in meaningful literary contexts, improving retention and understanding of usage.

- Enhances Pronunciation and Listening Skills

Many resources incorporate audio recordings of the original text, enabling learners to imitate pronunciation and improve listening comprehension.

- Builds Cultural Appreciation

Engaging with Andersen's fairy tale introduces learners to Danish literature, cultural themes, and values, enriching their cultural literacy.

- Motivates Through Storytelling

The enchanting narrative captivates learners, making the often challenging process of language learning more enjoyable and immersive.

Practical Tips for Maximizing Your Learning

- Consistent Practice

Set aside dedicated time daily or weekly to work through sections of the Snow Queen interlinear text. Consistency helps reinforce learning.

- Active Engagement

Don't just passively read. Pause to analyze grammatical points, repeat sentences aloud, and attempt translations before consulting the notes.

- Use Supplementary Resources

Combine the interlinear texts with other tools:

- Language apps for vocabulary practice.
- Grammar guides tailored for Danish learners.
- Cultural documentaries or music.

- Join a Learner Community

Participate in online forums or local language meetups to practice reading aloud, discuss interpretations, and exchange tips.

- Incorporate Cultural Context

Learn about Danish history, customs, and other Andersen stories to deepen your cultural connection and appreciation.

Challenges and How to Overcome Them

While the Snow Queen Interlinear Dani method offers many advantages, learners may face certain hurdles:

- Complexity of Literary Language: Fairy tales can include archaic or poetic language. Approach these texts gradually, starting with simpler passages.
- Pronunciation Difficulties: Danish pronunciation can be challenging. Use audio tools and mimic native speakers to improve.
- Time Investment: Deep analysis requires patience. Break down sessions into manageable chunks and celebrate small victories.

To overcome these, maintain a positive attitude, set realistic goals, and seek support from teachers or fellow learners.

The Future of Interlinear Language Learning

As digital technology advances, methods like the Snow Queen Interlinear Dani are likely to become more accessible and interactive. Integration with AI-powered translation tools, augmented reality, and gamified learning platforms could revolutionize how literary texts are used in language education. For Danish learners, this approach offers a compelling blend of storytelling, cultural immersion, and linguistic rigor.

Final Thoughts

Learn Danish with the Snow Queen Interlinear Dani represents an innovative convergence of literature and language education. By immersing yourself in Andersen's timeless fairy tale through a detailed interlinear format, you unlock the complexities of Danish in a context-rich, engaging manner. This method not only enhances vocabulary and grammatical understanding but also fosters cultural appreciation and motivation. Whether you're captivated by fairy tales or passionate about linguistic mastery, the Snow Queen approach offers a memorable and effective pathway to learning Danish. Embrace the story, analyze the language, and let the enchanting world of the Snow Queen guide you on your Danish language journey.

QuestionAnswer What is 'Learn Danish with the Snow Queen' and how does it help language learners? 'Learn Danish with the Snow Queen' is an educational resource that uses the story of the Snow Queen to teach Danish vocabulary, grammar, and pronunciation through interlinear

translation, making language learning engaging and context-based. How does interlinear Danish work in the context of 'The Snow Queen'? Interlinear Danish provides a word-by-word translation beneath the original Danish text, allowing learners to understand the structure and meaning of sentences, which enhances comprehension and vocabulary acquisition. Is 'Learn Danish with the Snow Queen' suitable for beginners? Yes, the resource is designed to cater to beginners by gradually introducing Danish vocabulary and grammar within the familiar context of the Snow Queen story, making it accessible for new learners. Can I improve my Danish pronunciation using this method? Absolutely. The interlinear format often includes audio or phonetic guides, helping learners mimic correct pronunciation while understanding the meaning of each word in context. Are there any supplementary materials available with 'Learn Danish with the Snow Queen'? Many versions include additional resources such as vocabulary lists, grammar explanations, and exercises to reinforce learning and provide a comprehensive language learning experience.

Related keywords: Danish language learning, Snow Queen story, interlinear translation, Danish vocabulary, fairy tale Danish, language education, Scandinavian literature, Danish grammar, children's stories Danish, language practice Snow Queen

be with

be with is a phrase that resonates deeply across different aspects of life?whether in relationships, personal growth, or day-to-day interactions. It encapsulates the idea of presence, companionship, and emotional connection. Understanding the multifaceted meaning of "be with" can help individuals foster stronger relationships, improve their mental well-being, and cultivate a more mindful approach to life. In this comprehensive guide, we will explore the various dimensions of "be with," including its significance in relationships, its role in self-awareness, and practical ways to embody this concept in everyday life.

Understanding the Meaning of "Be With"

The phrase "be with" is versatile and context-dependent. At its core, it signifies being present, sharing experiences, and forming bonds with others or oneself. It can imply:

- Emotional connection: Being emotionally available and attentive.
- Physical presence: Spending time together in person.
- Mindfulness: Being fully present in the moment.
- Supportiveness: Offering companionship during difficult times.
- Acceptance: Embracing oneself or others without judgment.

Recognizing these facets helps to appreciate the depth and importance of "be with" in fostering meaningful relationships.

The Significance of "Be With" in Relationships

Relationships are the foundation of human experience, and "being with" someone is central to creating trust, intimacy, and mutual understanding. Whether romantic, familial, or friendship-based, the act of simply being with another person can have profound effects.

Emotional Presence and Connection

Being with someone emotionally involves more than just physical proximity. It requires active listening, empathy, and genuine interest. When you "be with" someone emotionally, you:

- Validate their feelings.
- Offer a safe space for expression.
- Demonstrate understanding and compassion.

This emotional presence strengthens bonds and fosters a sense of security.

Physical Presence and Quality Time

Spending quality time together is essential in nurturing relationships. Being with someone physically can involve:

- Sharing meals.
- Going for walks.
- Engaging in shared hobbies.
- Simply sitting in silence, appreciating each other's company.

These moments create memories and deepen connections.

The Role of "Be With" in Building Trust

Trust develops when individuals feel genuinely "with" each other. Consistency, attentiveness, and authenticity are key. When you show up for someone consistently and are present in their life, you cultivate a foundation of trust and reliability.

Practicing "Be With" in Your Daily Life

Integrating the concept of "be with" into daily routines can enhance your relationships and personal well-being. Here are practical ways to embody this idea:

Mindfulness and Presence

- Practice mindfulness meditation to increase your awareness of the present moment.
- During conversations, focus fully on the speaker without distractions.
- Limit multitasking when spending time with others.

Active Listening

- Listen attentively without planning your response.
- Nod or provide affirmations to show engagement.
- Reflect back what you've heard to ensure understanding.

Offering Support and Compassion

- Be available during others' challenging times.
- Show empathy through words and actions.
- Avoid judgment or unsolicited advice; sometimes, just being there is enough.

Self-Reflection and Self-Compassion

- Be with yourself by practicing self-awareness.
- Acknowledge your feelings without suppression.
- Engage in self-care routines that nourish your mind and body.

The Spiritual and Philosophical Aspects of "Be With"

Beyond relationships, "be with" also has spiritual and philosophical connotations. It emphasizes unity, presence, and acceptance of the flow of life.

Being Present in the Moment

Practicing presence aligns with mindfulness philosophies. It encourages individuals to:

- Let go of past regrets and future anxieties.
- Embrace the current experience fully.
- Cultivate gratitude for the present.

Acceptance and Non-Judgment

"Be with" entails accepting situations and people as they are, fostering a sense of peace and understanding.

Unity and Connection

Recognizing that we are interconnected encourages compassion and empathy, emphasizing that "being with" others is part of the human experience.

Common Challenges in Practicing "Be With"

While the concept is simple in theory, it can be challenging to embody consistently. Common obstacles include:

- Distractions and digital interruptions.
- Emotional barriers like fear, mistrust, or past hurt.
- Time constraints and busy schedules.
- Personal insecurities or self-doubt.

Overcoming these challenges requires intentional effort and practice.

Tips to Enhance Your Ability to "Be With" Others and Yourself

- Set boundaries to ensure quality interactions.
- Practice active mindfulness in daily activities.
- Engage in reflective journaling to understand your feelings.
- Prioritize quality over quantity in relationships.
- Learn to listen without judgment and offer genuine support.

Conclusion: Embracing the Power of "Be With"

"Be with" is more than just a phrase; it embodies a philosophy of presence, connection, and acceptance. Whether in nurturing intimate relationships, supporting friends and family, or fostering a healthier relationship with oneself, embodying "be with" can lead to more meaningful, fulfilling

experiences. By cultivating mindfulness, compassion, and genuine engagement, you can enrich your life and the lives of those around you. Remember, at its heart, "be with" reminds us that true connection begins with being fully present—an act that has the power to transform relationships and inner peace alike.

Be With: An In-Depth Exploration of Connection, Presence, and Meaning

In an era defined by rapid technological change, social upheaval, and shifting cultural norms, the concept of "be with" has taken on profound significance. Far beyond its simple grammatical structure, "be with" encompasses themes of companionship, mindfulness, emotional intimacy, and existential presence. This long-form exploration aims to dissect the multifaceted nature of "be with", examining its psychological, philosophical, and cultural dimensions, and offering insights into how this phrase influences human experience.

Understanding the Phrase "Be With": Definitions and Variations

At its core, "be with" is a versatile phrase whose meaning shifts depending on context. It can denote:

- Presence and companionship: Being physically or emotionally alongside someone.
- Acceptance and mindfulness: Embracing the present moment or one's current state.
- Relationship commitment: The act of being in a romantic, familial, or platonic partnership.
- Alignment and harmony: Living in accordance with one's values or the natural flow of life.

These variations reveal that "be with" is less about a static state and more about a dynamic process of engagement, connection, and authentic existence.

The Psychological Dimension of "Be With"

Presence and Mindfulness

One of the most profound interpretations of "be with" is rooted in mindfulness practices. To be with oneself or others in the present moment fosters emotional resilience, reduces stress, and enhances well-being. Mindfulness-based therapies encourage individuals to be with their thoughts, feelings, and sensations without judgment, cultivating a sense of inner peace.

Key aspects include:

- Acceptance: Allowing emotions to be present without suppression or avoidance.
- Non-attachment: Recognizing transient thoughts and feelings without clinging.

- Compassion: Extending kindness inwardly and outwardly.

Research indicates that practicing "being with" one's emotions can improve mental health, bolster emotional intelligence, and deepen interpersonal relationships.

Attachment and Connection in Relationships

In romantic and platonic contexts, "be with" signifies emotional availability and genuine connection. Healthy relationships often hinge on the ability to be with another person authentically?listening, empathizing, and sharing vulnerabilities.

Studies in attachment theory reveal that individuals who are comfortable being with their partner's emotions tend to report higher relationship satisfaction. Conversely, avoidance of being with difficult feelings or conflicts can erode intimacy.

Common themes include:

- Empathy: Truly listening and understanding the other.
- Presence: Giving undivided attention.
- Mutual vulnerability: Sharing fears, hopes, and insecurities.

Philosophical and Cultural Perspectives on "Be With"

Existential Philosophy and the Art of "Being"

Existential philosophers like Jean-Paul Sartre and Martin Heidegger emphasize the importance of authentic existence?being with oneself and the world in a genuine manner. Heidegger's concept of Dasein ("being there") underscores the necessity of authentic presence and awareness.

In this context, "be with" involves:

- Living intentionally.
- Facing mortality and the transient nature of life.
- Cultivating a sense of connectedness with existence itself.

This philosophical outlook encourages individuals to be with their authentic selves, embracing both their limitations and potentials.

Cross-Cultural Interpretations

Different cultures have unique perspectives on "be with":

- Japanese: The concept of "wa" emphasizes harmony and being with others in a way that fosters social cohesion.
- African: The idea of Ubuntu ? "I am because we are" ? highlights communal existence and interconnectedness.
- Indigenous Cultures: Often stress living in harmony with nature and the community, embodying the essence of being with the environment and others.

These cultural paradigms show that "be with" is integral to collective identity and societal functioning.

The Role of "Be With" in Modern Society

Digital Age and the Challenge of Connection

In a world saturated with social media, the act of being with has transformed dramatically. Virtual interactions can create a paradoxical sense of loneliness amid connectivity. The superficiality of online engagements can hinder genuine presence and authentic connection.

Challenges include:

- Superficial interactions: Likes and comments replacing meaningful conversations.
- Distraction: Constant notifications preventing mindfulness.
- Emotional disconnection: An inability to be with difficult feelings or conflicts.

However, the digital realm also offers opportunities for deeper being with others through virtual support groups, mindfulness apps, and online communities that encourage authentic sharing.

Therapeutic and Wellness Practices Centered on "Being With"

Contemporary therapeutic approaches increasingly emphasize "being with" as a foundational principle:

- Mindfulness-Based Stress Reduction (MBSR): Encourages participants to be with their sensations and thoughts.
- Compassion-Focused Therapy: Teaches clients to be with their emotional vulnerabilities.
- Somatic therapies: Focus on bodily awareness, fostering a sense of being with one's physical

experience.

These practices aim to cultivate acceptance, resilience, and emotional depth.

Practical Applications and Exercises to Cultivate "Be With"

To integrate "be with" into daily life, consider the following exercises:

- Mindful Breathing

Focus on your breath for five minutes, observing sensations without judgment.

- Emotion Journaling

Write down feelings as they arise, allowing yourself to be with each emotion fully.

- Active Listening

When engaging with others, practice silent presence, resisting the urge to interrupt or judge.

- Nature Immersion

Spend time outdoors, consciously observing your surroundings to be with the natural world.

- Body Scan Meditation

Systematically bring awareness to different parts of your body, fostering physical and emotional presence.

Consistent practice of these exercises can deepen your capacity to be with yourself and others authentically.

Critiques and Limitations of "Be With"

While "be with" offers numerous benefits, it is not without challenges:

- Emotional Overwhelm: Fully being with difficult feelings can be distressing without adequate support.
- Cultural Variability: Not all cultures prioritize or interpret "be with" similarly, influencing its applicability.
- Misinterpretation: Overemphasis on being with can lead to avoidance of necessary action or change.

Balancing being with and proactive engagement is essential for healthy functioning.

Conclusion: Embracing the Power of "Be With"

The phrase "be with" encapsulates a profound approach to life—one rooted in presence, connection, acceptance, and authenticity. Whether viewed through psychological, philosophical, or cultural lenses, "be with" invites us to slow down, embrace the moment, and cultivate genuine relationships with ourselves, others, and the world.

In a society often driven by speed and superficiality, mastering the art of "being with" can serve as a pathway to deeper fulfillment, resilience, and meaningful existence. It challenges us to confront our inner landscapes and external realities with honesty and compassion, ultimately fostering a richer, more connected human experience.

References:

- Kabat-Zinn, J. (1994). *Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life*. Hyperion.
- Bowlby, J. (1988). *A Secure Base: Parent-Child Attachment and Healthy Human Development*. Basic Books.
- Heidegger, M. (1927). *Being and Time*. (J. Macquarrie & E. Robinson, Trans.).
- Tutu, D. (2008). *Ubuntu: I Am Because We Are*. (Various sources).

In embracing "be with", we open ourselves to a richer, more authentic existence—one that celebrates presence over perfection, connection over distraction, and being over doing.

Question What does it mean to be with someone in a relationship? Being with someone in a relationship typically means sharing a committed, mutual connection, often involving emotional intimacy, support, and companionship. How can I be with someone who lives far away? To be with someone long-distance, focus on regular communication, trust, setting shared goals, and planning visits to maintain your bond despite the physical distance. What are some ways to be with yourself and practice self-love? Being with yourself involves self-reflection, engaging in activities you enjoy, practicing mindfulness, and prioritizing your well-being to foster self-love and acceptance. How does

being with family influence our mental health? Being with family provides emotional support, a sense of belonging, and stability, which can positively impact mental health, though unhealthy dynamics may have adverse effects. What does it mean to be with someone in a supportive way? Being with someone supportively involves listening, understanding their feelings, offering help when needed, and being present during both good and challenging times. How can I be with my friends more meaningfully? To be with friends meaningfully, prioritize quality time, active listening, sharing experiences, and showing genuine care and interest in their lives. What are some signs that someone truly wants to be with you? Signs include consistent communication, making time for you, showing interest in your life, supporting you, and demonstrating trust and respect in the relationship.

Related keywords: companionship, presence, together, accompany, stay, unite, connect, associate, link, join

Read the full article online: [be with](#)