

LINEAR ALGEBRA WITH APPLICATIONS 3RD EDITION Document

Introduction to Linear Algebra with Applications 3rd Edition

Linear Algebra with Applications 3rd Edition is a comprehensive textbook that serves as a cornerstone for students and professionals seeking a deep understanding of linear algebra concepts and their real-world applications. Authored by renowned mathematicians, this edition emphasizes both theoretical foundations and practical problem-solving techniques, making it an essential resource in fields ranging from engineering and computer science to economics and data analysis.

Linear algebra is a fundamental branch of mathematics that deals with vectors, vector spaces, linear transformations, and systems of linear equations. Its principles underpin many modern technological advancements and scientific research, making mastery of the subject crucial for aspiring scientists, engineers, and analysts. The 3rd edition enhances previous content with updated examples, clearer explanations, and expanded applications, ensuring that readers can connect abstract concepts to tangible problems.

This article provides an in-depth overview of the key topics covered in Linear Algebra with Applications 3rd Edition, explores its applications across various industries, and highlights why it remains a vital resource for learners and practitioners alike.

Overview of the Content in Linear Algebra with Applications 3rd Edition

Core Topics Covered

The book systematically introduces core concepts of linear algebra, including:

- Vectors and Vector Spaces: Understanding the building blocks of linear algebra, including vector addition, scalar multiplication, and the properties of vector spaces.
- Matrices and Matrix Operations: Covering matrix arithmetic, transpose, inverse, and special types of matrices such as diagonal, symmetric, and orthogonal matrices.
- Determinants: Exploring properties, calculation methods, and applications of determinants in solving systems.
- Systems of Linear Equations: Methods for solving linear systems, including Gaussian elimination and matrix factorization techniques.

- Eigenvalues and Eigenvectors: Analyzing their significance in transforming spaces and applications in stability analysis.
- Orthogonality and Least Squares: Discussing orthogonal projections, orthogonal matrices, and the least squares method for data fitting.
- Linear Transformations: Understanding mappings between vector spaces and their matrix representations.

Applied Topics and Case Studies

Beyond pure theory, the third edition emphasizes applications through real-world case studies and examples, such as:

- Computer Graphics: Using matrices and transformations to model and render images.
- Data Science and Machine Learning: Applying eigenvalues, singular value decomposition, and principal component analysis.
- Engineering Systems: Modeling electrical circuits, control systems, and structural analysis.
- Economics and Finance: Portfolio optimization and input-output models.
- Natural Sciences: Quantum mechanics and biological systems modeling.

Features That Make the 3rd Edition Stand Out

Enhanced Pedagogical Approach

The third edition features:

- Clearer Explanations: Simplified language and step-by-step solutions help demystify complex concepts.
- Numerous Examples: Practical examples demonstrate how theory applies to real-world problems.
- End-of-Chapter Exercises: Problems of varying difficulty reinforce learning and assess comprehension.
- Visual Aids: Diagrams and charts clarify geometric interpretations and transformations.

Integration of Modern Applications

This edition updates content to include:

- Data Analysis Techniques: Incorporating recent methods used in big data and machine learning.

- Computational Tools: Emphasizing software like MATLAB, R, and Python for matrix computations and visualization.
- Interdisciplinary Perspectives: Highlighting applications across diverse fields to demonstrate the versatility of linear algebra.

Applications of Linear Algebra in Various Fields

1. Computer Science and Data Analytics

Linear algebra forms the backbone of many algorithms and data processing techniques:

- Machine Learning: Principal Component Analysis (PCA), Singular Value Decomposition (SVD), and neural network operations rely heavily on matrix factorizations.
- Computer Graphics: 3D rendering, transformations, and image processing utilize matrix operations extensively.
- Cryptography: Algorithms for encryption and decryption often involve matrix-based methods.

2. Engineering and Physics

Engineers use linear algebra to analyze and design systems:

- Control Systems: State-space representations employ matrices to model system dynamics.
- Structural Engineering: Finite element analysis involves solving large systems of linear equations.
- Quantum Mechanics: State vectors and operators are represented using vector spaces and matrices.

3. Economics and Social Sciences

Linear algebra facilitates modeling complex systems:

- Input-Output Models: Analyzing economic sectors via matrix equations.
- Optimization Problems: Portfolio selection and resource allocation often involve solving linear systems and eigenvalue problems.

4. Natural Sciences and Biology

Researchers model biological systems and phenomena:

- Population Dynamics: Matrix models predict species growth and interactions.
- Molecular Chemistry: Quantum states and molecular vibrations are analyzed using linear algebra techniques.

Why Choose Linear Algebra with Applications 3rd Edition

For Students and Educators

This edition is designed to support effective learning:

- Balanced Approach: Combines theory with practical applications to enhance understanding.
- Accessible Language: Suitable for beginners while still offering depth for advanced learners.
- Supplementary Resources: Includes online materials, solution manuals, and additional exercises.

For Professionals and Researchers

The book serves as a valuable reference:

- Up-to-Date Content: Reflects current trends and applications in various fields.
- Problem-Solving Focus: Empowers users to implement solutions using modern computational tools.
- Interdisciplinary Relevance: Demonstrates the wide applicability of linear algebra beyond pure mathematics.

Conclusion

Linear Algebra with Applications 3rd Edition stands out as a definitive resource for anyone interested in mastering linear algebra and leveraging its power across multiple disciplines. Its comprehensive coverage, practical orientation, and emphasis on modern applications make it an indispensable guide for students, educators, and professionals alike. Whether you're delving into theoretical mathematics, developing algorithms, or analyzing complex data, this book provides the concepts, techniques, and context necessary to succeed.

Investing in this edition means gaining a solid foundation in linear algebra that is directly applicable to solving real-world problems, advancing technological innovation, and fostering analytical thinking in an increasingly data-driven world.

Linear Algebra with Applications 3rd Edition is a comprehensive textbook that has established itself

as a vital resource for students and instructors alike. Renowned for its clarity, practical focus, and well-structured approach, this edition continues the tradition of blending theoretical concepts with real-world applications. As linear algebra forms the backbone of numerous scientific and engineering disciplines, this book's approach makes complex topics accessible while emphasizing their relevance across various fields.

Overview of the Book

"Linear Algebra with Applications 3rd Edition" provides an in-depth exploration of the fundamental concepts of linear algebra, including vector spaces, matrices, determinants, eigenvalues, and eigenvectors. The book is designed not only to introduce theoretical foundations but also to demonstrate how these ideas are applied in practical scenarios like computer science, engineering, data analysis, and more.

The third edition has been updated to include new examples, exercises, and technological integrations, making it particularly suited for modern classrooms that leverage digital tools. Its pedagogical structure emphasizes problem-solving skills, critical thinking, and conceptual understanding, making it a favorite among both beginners and advanced students.

Content Breakdown

Chapter Structures and Topics

The book is organized into clearly delineated chapters that gradually build from basic concepts to more advanced topics. Each chapter contains definitions, theorems, proofs, illustrative examples, and exercises that reinforce learning.

Key topics include:

- Systems of Linear Equations
- Matrix Algebra
- Vector Spaces and Subspaces
- Linear Independence and Basis
- Dimension and Rank
- Orthogonality and Least Squares
- Eigenvalues and Eigenvectors
- Diagonalization
- Inner Product Spaces
- Applications to Differential Equations and Computer Graphics

This structure ensures that students develop a solid foundation before tackling complex applications, with each section reinforcing the previous material.

Pedagogical Features

Examples and Exercises

One of the standout features of this edition is its extensive set of worked examples that clarify abstract concepts. These examples often bridge the gap between theory and application, illustrating how linear algebra techniques solve real-world problems.

Exercises are varied in difficulty, ranging from straightforward computations to challenging problems that promote critical thinking. Many exercises are designed to be open-ended, encouraging students to explore multiple solution paths.

Visual Aids and Diagrams

The book employs numerous diagrams, graphs, and visual representations to help students grasp geometric interpretations of algebraic concepts. These visuals are crucial in understanding topics like vector spaces, transformations, and eigenvalues.

Technology Integration

The third edition incorporates digital tools such as MATLAB and online applets, allowing students to experiment with matrices and vectors interactively. These integrations enhance understanding and prepare students for computational applications.

Strengths of the Book

- **Clear and Accessible Language:** The book is written in an engaging style, making complex topics approachable for beginners while still providing depth for advanced learners.
- **Real-World Applications:** The inclusion of diverse applications—from computer graphics to data science—demonstrates the wide-ranging relevance of linear algebra.
- **Well-Structured Content:** The logical progression from basic to advanced topics facilitates effective learning and retention.
- **Rich Problem Sets:** The exercises encourage mastery and critical thinking, with solutions and hints available for most problems.
- **Visual Learning:** Diagrams and visual aids significantly enhance comprehension of geometric aspects.
- **Digital Resources:** Online resources, tutorials, and software integrations add value, especially in

a hybrid or online learning environment.

Limitations and Challenges

- **Density of Content:** Some students may find the volume of material overwhelming, particularly in the more abstract chapters.
- **Assumed Background Knowledge:** While accessible, the book presumes familiarity with basic algebra and calculus, which can pose challenges for complete beginners.
- **Limited Focus on Numerical Methods:** The primary focus is on theoretical aspects, with less emphasis on numerical linear algebra techniques used in large-scale computations.
- **Technology Dependence:** Effective use of digital tools requires access to software like MATLAB, which may not be available to all students.

Features and Highlights

- **In-Depth Theoretical Explanations:** The book balances proofs and explanations, helping students understand the reasoning behind key theorems.
- **Application-Focused Approach:** Regular examples from engineering, computer science, and physics demonstrate real-life relevance.
- **Summaries and Review Sections:** Each chapter concludes with summaries that reinforce key points and prepare students for assessments.
- **Supplementary Materials:** Instructor resources, solutions manuals, and online quizzes support teaching and self-study.

Suitability for Different Audiences

- **Undergraduate Students:** Ideal for foundational courses in linear algebra, especially those emphasizing applications.
- **Graduate Students:** Useful for advanced learners requiring a solid reference that bridges theory and practice.
- **Instructors:** Its comprehensive content and rich resources make it a valuable textbook for curriculum development.
- **Self-Study Enthusiasts:** The clear explanations and plentiful exercises support independent learning.

Comparison with Other Textbooks

Compared to classic texts like Gilbert Strang's "Linear Algebra" or David C. Lay's "Linear Algebra

and Its Applications," this third edition emphasizes applied contexts and integrates modern computational tools more thoroughly. While some other books may focus more heavily on proofs or geometric intuition, "Linear Algebra with Applications 3rd Edition" strikes a balance, making it especially suitable for students interested in practical applications alongside theoretical understanding.

Conclusion

"Linear Algebra with Applications 3rd Edition" stands out as a robust, well-crafted resource that caters to a broad audience. Its strength lies in effectively blending theoretical rigor with practical relevance, supported by visual aids, technological integration, and a rich set of exercises. While it may present a steep learning curve for absolute beginners, students with some prior mathematical background will find it highly accessible and rewarding.

In a world increasingly driven by data, computation, and modeling, understanding linear algebra is essential. This textbook not only imparts core concepts but also demonstrates how these concepts are instrumental in solving real-world problems, making it a valuable addition to any mathematical library. Whether used as a classroom textbook or a self-study guide, it offers a comprehensive pathway into the dynamic and essential field of linear algebra.

QuestionAnswer What are the key topics covered in 'Linear Algebra with Applications, 3rd Edition'? The book covers fundamental concepts such as systems of linear equations, vector spaces, matrix operations, eigenvalues and eigenvectors, diagonalization, and applications to real-world problems like computer graphics, data analysis, and engineering. How does 'Linear Algebra with Applications, 3rd Edition' approach teaching the practical applications of linear algebra? The textbook integrates real-world examples and case studies throughout the chapters, demonstrating how linear algebra concepts are used in fields like computer science, physics, and economics to solve practical problems. Are there digital resources or supplementary materials available for 'Linear Algebra with Applications, 3rd Edition'? Yes, the publisher offers online resources including solution manuals, video tutorials, and interactive tools to enhance understanding and provide additional practice for students. What makes 'Linear Algebra with Applications, 3rd Edition' suitable for students new to the subject? The book features clear explanations, step-by-step examples, and a variety of exercises that build conceptual understanding gradually, making it accessible for beginners while still comprehensive enough for advanced learners. How does the third edition of 'Linear Algebra with Applications' differ from previous editions? The third edition includes updated applications, additional exercises, improved explanations, and new digital resources to reflect recent developments in the field and enhance student engagement.

Related keywords: linear algebra, matrix theory, vector spaces, eigenvalues, eigenvectors, systems of equations, matrix operations, determinants, applications of linear algebra, mathematical

engineering

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](#)