

redheads are sunshine mixed with a little hurrica Workbook

Redheads are sunshine mixed with a little hurrica ? a phrase that captures the fiery, vibrant, and unique essence of individuals with red hair. Redheads have long been celebrated for their striking appearance, fiery personalities, and the aura of mystery that surrounds them. This expression encapsulates the duality of their nature: the warmth and brightness of sunshine combined with the power and intensity of a hurricane. In this article, we explore the origins of this captivating phrase, the characteristics that define redheads, and why they continue to fascinate and inspire people around the world.

The Origin and Meaning Behind the Phrase

Historical and Cultural Context

The phrase "redheads are sunshine mixed with a little hurrica" has become a popular colloquial expression, especially in Western cultures. It celebrates the fiery spirit and distinctive appearance of red-haired individuals, often emphasizing their passionate personalities.

Historically, red hair has been associated with both mystique and rarity. In many cultures, redheads were seen as unique and sometimes even supernatural beings, due to the uncommon nature of their hair color. The phrase cleverly combines contrasting imagery?sunshine, representing warmth and positivity, and hurricane, symbolizing power and unpredictability?to portray the complex character traits often attributed to redheads.

Popularization in Modern Culture

This phrase gained popularity through social media, pop culture references, and literature that highlight the charisma and individuality of redheads. It resonates with many because it celebrates their fiery personalities and distinctive looks, making it a badge of pride for many red-haired individuals.

Understanding Redheads: Physical Traits and Genetic Factors

Genetics of Red Hair

Red hair is a rare genetic trait, occurring in approximately 1-2% of the global population. It is primarily caused by mutations in the MC1R gene, which influences the production of melanin?the

pigment responsible for hair, skin, and eye color.

Key facts about red hair genetics:

- Red hair is inherited as a recessive trait, meaning both parents must carry the gene for their child to have red hair.
- The MC1R gene mutation results in the production of pheomelanin, which gives hair its red hue.
- Redheads often have fair skin and freckles, although variations exist.

Physical Characteristics

Redheads are known for their distinctive features, which include:

- Bright red, copper, or auburn hair shades
- Fair or porcelain skin that is often sensitive to sunlight
- Light-colored eyes, such as blue, green, or hazel
- Freckles, especially in children and those with very fair skin

These traits contribute to their striking appearance and make redheads easily recognizable.

The Fiery Personality: Traits and Temperament

Common Personality Traits of Redheads

While personality can vary widely among individuals, many redheads are stereotypically associated with certain fiery traits, such as:

- Passionate and enthusiastic
- Independent and confident
- Strong-willed and assertive
- Creative and adventurous
- Witty and humorous

The Science Behind Redhead Temperament

Some studies suggest that the MC1R gene may influence pain sensitivity and certain behavioral traits. Research indicates that redheads might:

- Have a higher pain threshold in some cases
- Be more sensitive to certain stimuli
- Exhibit more fiery or spirited personalities

However, it's important to remember that personality is shaped by a complex interplay of genetics, environment, and personal experiences.

Redheads in Popular Culture and Media

Iconic Redheads Throughout History

Many legendary figures and celebrities have contributed to red hair's allure, including:

- Queen Elizabeth I
- Lucille Ball
- Prince Harry
- Christina Hendricks
- Ed Sheeran

Their prominence helps elevate redheads' visibility and celebrates their uniqueness.

Representation in Media

Redheads are often portrayed as fiery, passionate, and independent characters in movies, TV shows, and literature. Examples include:

- Merida from Disney's Brave
- Jessica Rabbit from Who Framed Roger Rabbit
- Ron Weasley from the Harry Potter series
- Jessica Chastain's bold and fiery roles

These portrayals reinforce the idea of redheads as vibrant and dynamic personalities.

Redheads and Cultural Significance

Mythology and Folklore

In various cultures, red-haired individuals have been associated with:

- Supernatural abilities
- Mysticism
- Rebellion

For example, in Celtic mythology, redheads were believed to possess magical powers and a fiery temper, reinforcing the "sunshine mixed with a little hurrica" imagery.

Modern-Day Celebrations and Communities

Redhead appreciation days, online forums, and social media groups celebrate redheads' uniqueness. These communities foster pride and help dispel stereotypes, emphasizing that redheads are as diverse and multifaceted as anyone else.

The Beauty and Care of Red Hair

Maintaining Vibrant Red Hair

Red hair requires special care to maintain its vibrancy and health:

- Use color-safe shampoos and conditioners designed for red hair
- Protect hair from UV damage to prevent fading
- Regular trims to avoid split ends
- Use of nourishing masks and oils

Embracing Natural Red Hair

Many redheads choose to embrace their natural hair, celebrating its uniqueness with:

- Bold hairstyles
- Bright makeup looks that complement their hair color
- Customized hair care routines

Redheads in the Modern World: Challenges and Pride

Addressing Stereotypes

Despite their beauty and uniqueness, redheads have faced stereotypes and myths, such as:

- Being temperamental or overly fiery
- Being rare and therefore exotic or mysterious
- Facing discrimination or teasing in some cultures

However, increasing awareness and representation help to break down these misconceptions, fostering pride among redheads.

Celebrating Redhead Diversity

Today, redheads are celebrated for their diversity?ranging from natural redheads to those who dye their hair. Their personalities, talents, and stories enrich the cultural tapestry, embodying the spirit of "sunshine mixed with a little hurrica."

Conclusion

Redheads truly embody the phrase "sunshine mixed with a little hurrica" ? a perfect metaphor for their fiery, radiant, and powerful nature. From their distinctive genetics and striking appearances to their passionate personalities and vibrant cultural presence, redheads continue to captivate and inspire. Embracing their uniqueness, redheads remind us all that being different is something to celebrate, and that within every fiery redhead lies a blend of warmth and strength, sunshine and hurricane.

Keywords for SEO Optimization: redheads, red hair, fiery personality, redhead traits, red hair culture, redhead beauty, MC1R gene, red hair care, redhead symbolism, famous redheads, redhead community, redhead pride

Redheads are sunshine mixed with a little hurricane?a phrase that captures the fiery spirit, radiant beauty, and unpredictable nature often associated with those who sport the iconic red hair. This colorful expression celebrates the unique blend of warmth and tempest that makes redheads truly stand out in a crowd. But beyond the catchy phrase, there?s a rich tapestry of cultural significance, scientific insights, and personality traits that make redheads fascinating subjects for exploration. In this guide, we?ll delve into the origins of this phrase, the physical and psychological characteristics of redheads, and what makes their fiery nature both a challenge and an asset.

The Origins and Meaning Behind the Phrase

What Does "Sunshine Mixed with a Little Hurricane" Signify?

The phrase "redheads are sunshine mixed with a little hurricane" is a metaphorical way to describe the duality of redheaded personalities. It implies that redheads possess an inner warmth and brightness?like sunshine?that can uplift and energize those around them. Simultaneously, it hints at

their fierce independence, passion, and sometimes unpredictable temper?like a hurricane?that can cause chaos but also bring renewal.

Cultural Roots and Popular Usage

While the phrase itself may not have a definitive origin, it resonates with longstanding stereotypes and admiration for redheads. Historically, red hair has been associated with fiery temperaments, passionate personalities, and a certain rebellious spirit. The expression has gained popularity on social media, memes, and in everyday conversation, serving as a playful acknowledgment of the complex nature of redheaded individuals.

The Science of Red Hair

Genetic Basis of Red Hair

Red hair is primarily caused by a mutation in the MC1R gene, which influences the production of melanin?the pigment responsible for hair, skin, and eye color. This mutation results in the production of pheomelanin, giving red hair its distinctive hue. Redheads are relatively rare, constituting about 1-2% of the global population, with higher concentrations in Northern and Western Europe.

Physical Traits Common Among Redheads

- Hair Color: Ranges from deep burgundy and auburn to bright copper and strawberry blond.
- Skin Tone: Often fair, with a tendency to burn easily due to lower melanin levels.
- Eye Color: Frequently blue, green, or hazel, though variations exist.

Unique Biological Features

Redheads also tend to have:

- Increased sensitivity to pain and certain anesthetics.
- Higher levels of vitamin D synthesis due to lower melanin, which allows more UV rays to penetrate the skin.
- A higher prevalence of certain genetic conditions, but generally, redheads are healthy and resilient.

Personality Traits and Temperament

The "Sunshine" Aspect: Warmth and Charisma

Redheads are often described as charismatic and lively. Their fiery hair is sometimes seen as a physical manifestation of their vibrant personalities. Many redheads exhibit:

- Outgoing and extroverted behaviors.
- A natural ability to draw attention and inspire others.
- A playful, humorous, and witty demeanor.

The "Hurricane" Side: Passion and Temperament

The hurricane component reflects passionate and sometimes tempestuous traits, including:

- Fierce independence and strong opinions.
- A quick temper or fiery reactions in stressful situations.
- A tendency to be fiercely loyal and protective of loved ones.

Balancing the Duality

While some stereotypes paint redheads as hot-tempered, it's essential to recognize that personality is highly individual. Many redheads channel their fiery nature into creativity, leadership, and activism. Their dual nature often makes them compelling, dynamic personalities.

Cultural Representations of Redheads

Historical and Literary Depictions

Throughout history, redheads have been portrayed in various ways:

- As fiery lovers or fierce warriors (e.g., Anne of Green Gables, Queen Elizabeth I).
- As the embodiment of passion and rebellion.
- Sometimes as wild or unpredictable, reinforcing the hurricane metaphor.

Modern Media and Popular Culture

Today, redheads are celebrated in movies, television, and fashion:

- Iconic figures like Lucille Ball, Emma Stone, and Prince Harry showcase the charm and diversity of redheads.

- Red hair is often associated with individuality and uniqueness, often used in branding and advertising to evoke warmth and energy.

Embracing the Redhead Identity

Confidence and Self-Acceptance

Redheads often experience unique societal perceptions, including myths, stereotypes, and sometimes teasing. Embracing one's red hair as a symbol of individuality can foster confidence.

Style and Personal Expression

Many redheads enjoy experimenting with:

- Bold makeup choices that complement their hair.
- Vibrant clothing to match their fiery personality.
- Unique accessories that highlight their distinctive look.

Celebrating Redhead Culture

Movements like National Love Your Red Hair Day and social media communities help redheads connect, celebrate their heritage, and challenge stereotypes.

The Challenges and Benefits of Being a Redhead

Common Challenges

- Increased sensitivity to sunlight and UV exposure.
- Potential for skin issues like freckles and burns.
- Societal stereotypes and misconceptions.

Unique Benefits

- Distinctive, eye-catching appearance.
- Often perceived as more charismatic or memorable.
- Genetic resilience in certain areas, such as lower risk for some diseases.

Final Thoughts: Redheads as Sunshine Mixed with a Little Hurricane

The phrase "redheads are sunshine mixed with a little hurricane" encapsulates the essence of what it means to be a redhead?radiant, energetic, and fiercely passionate. While they may light up a room with their warmth, they also possess an inner strength and tempestuous spirit that can challenge and inspire. Recognizing and celebrating this duality helps us appreciate redheads not just as a physical trait but as vibrant, multidimensional individuals.

Whether you're a redhead yourself, love someone who is, or simply admire their unique qualities, understanding the blend of sunshine and hurricane within them fosters respect and admiration for one of the most captivating hair colors in the world. Embrace the fiery spirit, celebrate the individuality, and remember: redheads are truly sunshine mixed with a little hurricane?powerful, beautiful, and unforgettable.

Question What does the phrase 'redheads are sunshine mixed with a little hurricane' mean? It suggests that redheads have a vibrant, lively personality?bright and cheerful like sunshine, but also fierce and intense like a hurricane. Why is the phrase 'sunshine mixed with a little hurricane' popular among redheads? It's a playful way to celebrate the fiery and spirited nature often associated with redheads, highlighting their warmth and strong personality traits. Is there a cultural significance behind comparing redheads to sunshine and hurricanes? Yes, it emphasizes the duality of redheads?being both warm and energetic (sunshine) and passionate or fierce (hurricane), reflecting their complex personalities. How has social media contributed to the popularity of this phrase about redheads? Social media platforms have amplified the phrase through memes and posts, celebrating redheads' unique personalities and creating a sense of community and pride. Are there any health considerations related to red hair that complement the fiery metaphor? Redheads often have fair skin and are more sensitive to sunlight, which complements the 'sunshine' aspect and highlights the importance of sun protection for them. Can this phrase be used to describe other personality types besides redheads? While originally meant for redheads, the phrase can be metaphorically applied to anyone with a vibrant, dynamic, and passionate personality, regardless of hair color.

Related keywords: redheads, sunshine, fiery hair, ginger, bold, vibrant, fiery personality, natural red, redhead pride, fierce

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.

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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

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