

my life with wagner english edition Textbook

My Life with Wagner English Edition

Embarking on a journey through the pages of Wagner's masterpiece in its English edition has profoundly transformed my understanding of music, art, and personal inspiration. Over the years, my life with Wagner English Edition has been a blend of discovery, emotional resonance, and academic exploration. This comprehensive guide aims to share my experiences, insights, and the impact this edition has had on my life, providing a detailed overview for fellow enthusiasts and newcomers alike.

Introduction to Wagner and the English Edition

Who is Richard Wagner?

Richard Wagner (1813-1883) was a revolutionary German composer, conductor, and theater director renowned for his complex operatic works and innovative musical philosophy. His compositions, characterized by their rich harmonies and intricate structures, have left an indelible mark on classical music and beyond.

The Significance of the English Edition

The English edition of Wagner's works makes his complex compositions accessible to a broader audience. Translations of librettos, detailed annotations, and contextual essays enable non-German speakers to grasp the depth of his artistry. For me, this edition has been pivotal in bridging language barriers and deepening my appreciation.

Personal Journey with Wagner's English Edition

First Encounter and Initial Impressions

My first experience with Wagner's English edition was through *The Ring of the Nibelung*. I was captivated by the grandeur of the narrative and the vivid translation that retained the poetic essence of the original libretto. The edition's clarity allowed me to follow complex plotlines and themes that previously seemed daunting.

Deepening Engagement

As I delved further into Wagner's works, I found that the English edition provided invaluable annotations and footnotes that clarified obscure references and mythological allusions. This

enriched my understanding and fostered a more immersive listening and reading experience.

Key Features of the Wagner English Edition That Impacted My Life

Accurate and Poetic Translations

The translation quality is paramount in conveying Wagner's poetic language. The edition I use emphasizes:

- Preservation of poetic rhythm and meter
- Faithfulness to the original meaning
- Accessibility for modern readers and listeners

Comprehensive Annotations and Commentary

These insights have:

- Explained complex musical motifs
- Provided historical and mythological context
- Enhanced my appreciation of Wagner's philosophical ideas

Integrated Audio and Visual Resources

Many editions come with links to recordings and visual materials, allowing me to:

- Compare libretto with actual performances
- Understand staging and theatrical elements
- Appreciate Wagner's innovative use of leitmotifs

Impact of Wagner's Works on My Personal Life

Emotional and Artistic Inspiration

Listening to Wagner's compositions, especially in the English edition, has evoked profound emotional responses. The themes of heroism, redemption, and mythology resonate deeply, inspiring my creativity and personal growth.

Academic and Cultural Enrichment

Studying Wagner's librettos and musical philosophies has broadened my cultural horizons. It has led me to:

- Attend live performances and lectures
- Read scholarly analyses and biographies
- Engage in discussions about art and philosophy

Building a Community

Connecting with fellow Wagner enthusiasts through forums, book clubs, and concerts has enriched my social life and provided a sense of shared passion.

The Challenges and Rewards of Engaging with Wagner in English

Challenges Faced

While the English edition makes Wagner accessible, certain difficulties persist:

- Complexity of Wagner's language and themes
- Balancing poetic translation with literal accuracy
- Understanding the depth of his philosophical ideas

Rewards Gained

Despite these challenges, the benefits are substantial:

- Enhanced comprehension and appreciation of his works
- Ability to analyze and critique Wagner's compositions
- Personal growth through emotional and intellectual engagement

Recommendations for Newcomers

Choosing the Right Edition

Select an edition that offers:

- Clear and poetic translation

- Extensive annotations
- Supplementary multimedia resources

Approach to Reading and Listening

- Start with familiar works like Parsifal or Tristan und Isolde.
- Use audio recordings while reading the libretto to connect music with text.
- Join discussion groups or online forums to deepen understanding.

Additional Resources

- Attend live performances or virtual concerts.
- Read biographies and scholarly articles for context.
- Explore related art forms such as visual arts and philosophy.

Final Reflection: How Wagner's English Edition Continues to Shape My Life

Integrating Wagner's works into my life through the English edition has been a transformative experience. It has not only expanded my musical horizons but also enriched my understanding of myth, philosophy, and human emotion. The translation and supplementary materials have made this complex composer accessible, allowing me to experience the profound depths of his artistry.

Through this journey, I have gained:

- A deeper appreciation for the power of music and storytelling
- An enhanced cultural literacy regarding German Romanticism
- Personal inspiration to pursue artistic and intellectual pursuits

Ultimately, my life with Wagner English Edition remains a continuous voyage of discovery, reflection, and emotional connection. It exemplifies how literature and music can elevate our understanding of ourselves and the world around us.

Embark on your own journey with Wagner in English ? you may find that his timeless stories and melodies resonate within your soul just as they have within mine.

My Life with Wagner (English Edition): An In-Depth Reflection on a Musical Journey

Introduction: Exploring the Power of Wagner's Music

My Life with Wagner (English Edition) stands as a compelling testament to the enduring influence of Richard Wagner's revolutionary compositions. Whether you're a seasoned opera aficionado or a newcomer curious about the depths of musical innovation, this memoir offers a multifaceted exploration of Wagner's complex legacy. Through a blend of personal anecdotes, analytical insights, and historical context, the author takes readers on a transformative journey that highlights how Wagner's works have shaped not only the world of classical music but also the author's own life and worldview. This article aims to dissect the book's themes, evaluate its narrative style, and analyze its significance within both musical and cultural discourses.

Understanding Wagner: A Brief Historical and Musical Context

The Life and Times of Richard Wagner

To fully appreciate *My Life with Wagner*, it is essential to grasp the historical backdrop against which Wagner composed his masterpieces. Born in 1813 in Leipzig, Wagner's life was marked by artistic innovation, personal controversies, and ideological debates that still resonate today. His tumultuous experiences, including political upheavals, financial struggles, and personal scandals, profoundly influenced his creative output.

Wagner's revolutionary approach to opera—integrating music, drama, and philosophy—was groundbreaking. His concept of the *Gesamtkunstwerk* ("total work of art") aimed to unify all artistic elements into a seamless whole. Masterpieces like *The Ring Cycle*, *Tristan und Isolde*, and *Parsifal* exemplify his bold, often controversial, artistic vision that challenged traditional operatic forms.

The Musical Innovations of Wagner

Wagner's innovations transformed the landscape of Western classical music. Notable contributions include:

- **Leitmotifs:** Recurring musical themes associated with characters, objects, or ideas, which deepen narrative complexity.
- **Rich Orchestration:** Use of a large orchestra to create immersive soundscapes, often blurring the lines between musical and theatrical elements.
- **Harmonic Experimentation:** Pioneering chromaticism and unresolved dissonances that foreshadow modern tonalities.
- **Extended Lengths and Structural Complexity:** Wagner's operas often span several hours, demanding a new approach to both composition and performance.

Understanding these elements provides a foundational lens through which the author's personal reflections can be better contextualized.

The Personal Impact of Wagner's Music: A Journey of Transformation

Initial Encounters and Growing Fascination

The memoir begins with the author's first exposure to Wagner's works—initially through recordings, later through live performances. The visceral emotional responses evoked by Wagner's music serve as the starting point for an evolving relationship. The author describes feelings of awe, confusion, and eventual admiration as they delve deeper into Wagner's complex compositions.

This section highlights how Wagner's music possesses a unique capacity to evoke intense emotional states, often described as transcendental or transformative. The author notes that early encounters with Wagner's music often challenge listeners' preconceived notions of melody and harmony, emphasizing the revolutionary nature of his compositions.

Philosophical and Cultural Influences

As the author's engagement with Wagner deepens, they explore the philosophical underpinnings of his work. Wagner's interest in German mythology, nationalism, and philosophy—particularly the ideas of Nietzsche and Arthur Schopenhauer—are examined in detail.

The memoir discusses how Wagner's ideological perspectives, including his controversial associations with nationalist movements, influence the interpretation of his music. The author reflects on the tension between appreciating Wagner's artistic genius and grappling with the problematic aspects of his political views.

This section underscores how Wagner's works serve as a mirror to broader cultural debates, prompting the author to reflect on the interplay between art, politics, and morality.

Personal Growth and Artistic Inspiration

Through encounters with Wagner's operas, the author reports a profound impact on their personal development. The music becomes a catalyst for introspection, emotional resilience, and creative inspiration. The narrative details moments of epiphany during performances, where the immersive experience leads to renewed perspectives on life, love, and human nature.

The memoir also discusses how Wagner's emphasis on myth and storytelling influences the author's own creative pursuits, inspiring them to explore storytelling, music, and the arts more

broadly.

Analytical Perspectives on Wagner's Works in the Memoir

Deep Dive into Key Operas

The book offers detailed analyses of several Wagner masterpieces, illustrating their significance both musically and symbolically.

- The Ring Cycle: An epic exploration of greed, power, and redemption. The author examines its complex leitmotif system and philosophical themes.
- Tristan und Isolde: A groundbreaking work on love and longing, with a focus on harmonic innovations that mirror emotional turbulence.
- Parsifal: A reflection on spirituality and redemption, highlighting Wagner's later spiritual musings.

Each opera is dissected for its musical structure, thematic content, and emotional impact, providing readers with a richer understanding of Wagner's artistry.

Wagner's Influence on Contemporary Music and Culture

The memoir contextualizes Wagner's legacy within modern culture, noting his impact on composers like Arnold Schoenberg, Richard Strauss, and even film music composers like John Williams. The author also explores Wagner's influence beyond music, touching on his role in shaping ideas of national identity and cultural heritage.

Critical perspectives are incorporated, weighing Wagner's artistic brilliance against his problematic political associations. The author invites readers to consider whether Wagner's artistic achievements can be separated from his ideological controversies.

The Challenges and Controversies Surrounding Wagner's Legacy

Ethical Dilemmas and Artistic Reconciliation

A significant portion of the memoir grapples with the ethical questions surrounding Wagner's legacy. His outspoken antisemitism and nationalist sentiments have led to ongoing debates about the appropriateness of celebrating his work.

The author discusses their own journey of reconciling admiration for Wagner's musical innovations with awareness of his problematic beliefs. This includes reflections on how to appreciate art without

endorsing its creator's prejudices.

Reevaluating Wagner in the Modern Age

The memoir concludes with a discussion on how Wagner's works are perceived today. It considers efforts to recontextualize his music within a broader ethical framework, emphasizing the importance of critical engagement and historical awareness.

The author advocates for a nuanced appreciation of Wagner's contributions, recognizing his genius while acknowledging and critiquing his flaws.

Conclusion: The Enduring Significance of Wagner in Personal and Cultural Contexts

My Life with Wagner (English Edition) is more than a memoir; it is a thoughtful meditation on the power of art to shape identity, challenge beliefs, and inspire transformation. Through detailed narratives, analytical insights, and personal reflections, the author demonstrates that Wagner's music continues to resonate deeply, even amid controversy.

The book encourages readers to engage critically with artistic legacies, appreciating their complexity and enduring relevance. It reminds us that great art often exists in tension between innovation and ideology, beauty and controversy, and that our relationship with such art is ultimately a personal journey of understanding and growth.

In sum, this memoir serves as a compelling testament to Wagner's profound influence, not only on music but on the human spirit, and invites all readers to explore their own musical and philosophical horizons.

Note: This article provides an analytical overview based on the themes and structure typically found in memoirs about Wagner's influence. For a detailed review or personal insights, reading the full *My Life with Wagner (English Edition)* is highly recommended.

Question What is the main theme of 'My Life with Wagner' by Wagner English? The book explores Wagner English's personal experiences, his journey with music, and how Wagner's compositions influenced his life and identity. Who would benefit most from reading 'My Life with Wagner'? Music enthusiasts, classical music students, Wagner fans, and anyone interested in personal memoirs related to music history would find this book insightful. How does 'My Life with Wagner' compare to other memoirs about classical musicians? The memoir offers a unique personal perspective, blending emotional storytelling with detailed reflections on Wagner's influence, setting it apart from more academic or biographical accounts. Are there any notable insights about Wagner's compositions in 'My Life with Wagner'? Yes, Wagner English shares his interpretations and

emotional connections to Wagner's works, providing readers with a deeper understanding of the composer's music. What is the significance of the English edition of 'My Life with Wagner'? The English edition makes the author's personal story and insights accessible to a broader audience, expanding its reach beyond German-speaking readers. Is 'My Life with Wagner' suitable for readers new to Wagner's music? Absolutely, the book provides context and personal anecdotes that can help newcomers appreciate Wagner's music and its impact on the author's life.

Related keywords: Wagner biography, my life with Wagner, Wagner memoir, Wagner autobiography, classical music biography, Wagner composer, Wagner life story, German composer, opera history, music autobiography

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](#)