

horse lovers 2020 weekly monthly planner with age Academic PDF

Horse lovers 2020 weekly monthly planner with age has become an essential tool for equestrian enthusiasts looking to organize their busy schedules while celebrating their deep passion for horses. Whether you are a seasoned rider, a horse owner, or simply someone who adores these majestic creatures, a well-designed planner tailored to your lifestyle can enhance your year. In this article, we will explore the benefits of a horse lovers 2020 weekly monthly planner with age, how to select the perfect planner, and ways to make the most of it to boost your equestrian journey.

Why Choose a Horse Lovers 2020 Weekly Monthly Planner with Age?

Personalized Planning Experience

A planner designed specifically for horse lovers incorporates themes, images, and layouts that resonate with equestrian interests. Including age-specific sections ensures that the planner caters to different age groups—whether young riders, teenagers, adult horse owners, or seniors—making it more relevant and engaging.

Enhanced Organization and Productivity

With dedicated sections for riding lessons, horse appointments, competitions, and grooming schedules, these planners help you stay on top of your horse-related commitments. The weekly and monthly formats allow for both broad planning and detailed daily tasks.

Inspiration and Motivation

Many planners feature inspirational quotes from famous equestrians, beautiful horse photography, and motivational prompts that keep your passion alive throughout the year. Including age-specific content ensures that the inspiration aligns with your stage of life and riding experience.

Features of a 2020 Weekly Monthly Planner with Age for Horse Lovers

Design and Layout

- **Horse-themed artwork:** Covers and page designs featuring horses, tack, and scenic equestrian landscapes.

- **Monthly overview pages:** Large grids for quick reference to upcoming events, deadlines, and goals.
- **Weekly spreads:** Detailed pages for tracking daily activities, lessons, and riding schedules.
- **Age-specific sections:** Customized prompts and content tailored to different age groups, fostering relevance and engagement.

Content and Sections

- **Riding goals:** Space to set and track riding milestones, whether learning a new gait, mastering a jump, or preparing for competitions.
- **Health and care trackers:** Monitoring horse health, grooming, feeding schedules, and veterinary appointments.
- **Event planning:** Sections for shows, clinics, trail rides, and other horse-related events.
- **Notes and reflections:** Journaling space to record progress, challenges, and memorable moments.
- **Educational content:** Tips on horse care, riding techniques, and safety, tailored to different ages and experience levels.

Additional Features

- **Durable binding:** Ensures longevity throughout the year.
- **Portable size:** Easy to carry to the barn or riding lessons.
- **Inclusion of stickers:** Horse-themed stickers for decorating and marking important dates.
- **Customizable sections:** Blank pages or pockets for personal items.

Choosing the Right Horse Lovers 2020 Weekly Monthly Planner with Age

Consider Your Age and Riding Level

The planner should suit your stage in life and riding experience:

- **Children and teens:** Look for colorful designs, motivational quotes, and simple layouts that encourage learning and fun.
- **Adult riders:** Prefer elegant, professional designs with detailed planning sections and motivational content.
- **Seniors:** Opt for larger print, easy-to-use layouts, and content that emphasizes wellness and leisure riding.

Assess Your Planning Needs

Determine what features are most important:

- **Event-focused planning:** If you participate in competitions, prioritize planners with dedicated sections for event schedules and progress tracking.
- **Daily task management:** For busy horse owners balancing work and riding, weekly and daily pages are essential.
- **Educational content:** If you're eager to learn more about horse care, choose planners that include helpful tips and articles.

Design Preferences

Select a planner that aligns with your aesthetic preferences:

- Color schemes (earth tones, pastels, bold colors)
- Theme style (vintage, modern, rustic)
- Type of binding (spiral, hardcover, softcover)

Tips for Maximizing Your Horse Lovers 2020 Weekly Monthly Planner

Set Clear Goals

Begin by defining your riding and personal goals at the start of the year or month. Use the planner to break down large goals into manageable weekly tasks.

Stay Consistent

Make it a habit to update your planner daily or weekly. Consistency is key to effective planning and achieving milestones.

Use Visual Elements

Decorate your planner with stickers, doodles, or photos to make planning enjoyable and personalized. This can boost motivation and make tracking progress more engaging.

Reflect Regularly

Set aside time weekly or monthly to review your entries, reflect on successes, and identify areas for

improvement. Journaling within the planner can deepen your connection to your riding journey.

Share and Collaborate

If you ride with a team or coach, share relevant parts of your planner to coordinate schedules and motivate each other.

Where to Purchase Horse Lovers 2020 Weekly Monthly Planners with Age

- **Online retail stores:** Amazon, Etsy, and specialized equestrian stores often carry a wide range of themed planners.
- **Local bookstores and gift shops:** Check for seasonal or themed planners, especially during the start of the year.
- **Custom printing services:** For personalized options tailored to your specific age group and preferences.

Conclusion

A **horse lovers 2020 weekly monthly planner with age** is more than just a scheduling tool; it is a reflection of your passion and dedication to the equestrian lifestyle. By selecting a planner that caters to your age and needs, you can stay organized, inspired, and motivated throughout the year. Embrace the beauty of horsemanship, set meaningful goals, and enjoy every ride with the help of a thoughtfully chosen planner. Whether you're managing a busy riding schedule, caring for your horse, or simply indulging in your love of horses, the right planner can make 2020 a truly memorable and productive year in your equestrian journey.

Horse Lovers 2020 Weekly Monthly Planner with Age has become a beloved tool for equestrian enthusiasts who want to stay organized while celebrating their passion for horses. This planner seamlessly combines functionality with a personalized touch, making it an ideal companion for riders, trainers, and horse lovers of all ages. Its thoughtful design, thematic illustrations, and practical features make it stand out in the crowded planner market. In this review, we will explore the various aspects of the Horse Lovers 2020 Weekly Monthly Planner with Age, from its design and usability to its unique features, pros, and cons, to help you determine if this planner aligns with your needs and lifestyle.

Overview of the Horse Lovers 2020 Weekly Monthly Planner with Age

The Horse Lovers 2020 Weekly Monthly Planner with Age is a specialized planner designed specifically for horse enthusiasts. It covers the entire year of 2020, offering both weekly and monthly

views to facilitate detailed planning. What sets this planner apart is its incorporation of age-specific content, making it particularly appealing for young riders, teenagers, adults, and seniors who want a planner that resonates with their stage of life and riding journey.

The planner is characterized by its charming horse-themed illustrations, inspirational quotes, and customizable sections, making every page inviting and inspiring. Its layout encourages users to track their riding schedules, training goals, horse care routines, and personal milestones, all while celebrating their unique connection to horses.

Design and Aesthetic Appeal

Visual Elements

The planner features vibrant, high-quality illustrations of horses, riding gear, and equestrian scenery. Each month begins with a full-page artwork that captures the beauty and majesty of horses, adding an artistic touch to the planning experience. The color palette is earthy and warm, with browns, greens, and soft pastels that evoke a natural, outdoor vibe.

Personalization and Age Consideration

One of the standout features is the inclusion of age-specific sections. For younger users, there are fun stickers and space to record milestones like first riding lesson or horse show participation. For older users, there are more detailed sections for tracking training progress, veterinary appointments, and riding goals. The planner's customizable cover allows users to add their name and age, making it a personalized keepsake.

Pros and Cons of Design

Pros:

- Beautiful, high-quality illustrations that appeal to horse enthusiasts of all ages
- Customizable cover with age personalization
- Thematic pages that foster inspiration and motivation
- Durable cover and binding for everyday use

Cons:

- The artistic style may not appeal to minimalists looking for a sleek, simple design
- Some users may prefer more neutral or modern aesthetics

Layout and Usability

Monthly and Weekly Views

The planner offers a comprehensive layout with a full-page monthly view at the start of each month, including space for notes, goals, and important dates. The weekly pages are spacious, providing ample room for daily entries, reminders, and to-do lists. The weekly format is structured to encourage detailed planning while allowing flexibility.

Age-Specific Sections

- For Children and Teens: Fun activities, riding achievement charts, and motivational quotes tailored to younger riders.
- For Adults: Sections dedicated to training schedules, nutrition, and horse health tracking.
- For Seniors: Larger print options, simplified layouts, and wellness notes related to both riding and general health.

User-Friendliness

The planner's layout is intuitive, with clear headings and sections. The inclusion of tabs for quick navigation helps users find current week or month easily. The paper quality is good, with a matte finish that prevents glare and makes writing comfortable.

Pros and Cons of Layout and Usability

Pros:

- Clear, organized layout suitable for all ages
- Ample space for detailed notes
- Age-specific sections enhance personalization
- Durable binding and quality paper

Cons:

- Some users might find weekly pages too spacious or too crowded depending on their planning style
- Not as customizable as digital planners for those who prefer tech-based organization

Features and Special Elements

Additional Features

- Inspirational Quotes: Each month features quotes from famous equestrians or horse lovers, fostering motivation.
- Milestone Trackers: Dedicated sections to record riding achievements, horse care milestones, and personal growth.
- Stickers and Decor: Comes with themed stickers suitable for marking events like shows, lessons, or grooming days.
- Important Dates: Pre-marked national horse holidays and events to help users stay connected to the equestrian community.

Age-Related Content

The planner thoughtfully integrates content relevant to different age groups:

- For children and teenagers, it encourages goal setting and achievement recognition.
- For adult riders, it emphasizes training progress and health management.
- For seniors, it offers wellness tips related to riding and horse care.

Pros and Cons of Features

Pros:

- Rich in motivational and educational content
- Encourages tracking and reflection
- Suitable for a wide age range with tailored sections
- Includes decorative elements that enhance engagement

Cons:

- Some features may be redundant for highly experienced riders
- The sticker set may be limited for those who want more customization

Durability and Portability

The Horse Lovers 2020 planner is designed with a sturdy hardcover that protects against daily wear and tear. The binding is secure, preventing pages from loosening over time. The size strikes a balance between portability and usability?it?s large enough to write comfortably but compact enough to carry in a bag or backpack.

Pros:

- Durable cover and binding
- Portable size for everyday use
- High-quality paper resistant to ink bleed-through

Cons:

- Slightly bulkier than petite planners, which might not suit all users

Value for Money

Considering its detailed design, customization options, and high-quality materials, the Horse Lovers 2020 Weekly Monthly Planner offers good value for horse enthusiasts. It combines practicality with personalization, making it more than just a planner but a keepsake.

Pricing:

The retail price is competitive, especially given its thematic appeal and special features, though prices may vary depending on the retailer or if purchased second-hand.

Pros:

- Combines planning with personal and equestrian development
- Long-lasting and reusable year after year

Cons:

- Limited to 2020, so not suitable for long-term planning unless repurposed
- Slightly higher price point compared to generic planners

Final Verdict

The Horse Lovers 2020 Weekly Monthly Planner with Age is an excellent choice for anyone passionate about horses, whether beginner riders, seasoned equestrians, or horse-loving seniors. Its thoughtful design caters to different age groups, providing a personalized, inspiring, and highly functional planning experience. The combination of beautiful illustrations, practical layout, specialized sections, and motivational content makes it a standout product in the niche of themed planners.

While it may not suit minimalist or digital planning enthusiasts, those who appreciate tactile, creative, and personalized tools will find this planner a valuable companion throughout the year. Its durability, attention to detail, and age-specific features make it a thoughtful gift for horse lovers or a treasured personal item that celebrates their riding journey.

Overall, the Horse Lovers 2020 Weekly Monthly Planner with Age is a delightful, practical, and inspiring planner that blends passion with organization, making every day in the saddle or at the stable a little brighter.

Question What features does the Horse Lovers 2020 Weekly Monthly Planner with Age include? It features dedicated sections for weekly and monthly planning, age-specific milestone tracking, inspirational horse-themed artwork, and space for notes and goals tailored for horse enthusiasts of all ages. **Is the Horse Lovers 2020 Planner suitable for all age groups?** Yes, the planner is designed to be versatile, with customizable sections that can be adapted for children, teens, and adults who love horses. **How can the planner help horse lovers stay organized throughout 2020?** It helps users keep track of riding lessons, horse care schedules, competitions, and personal appointments, all organized by week and month with age-appropriate prompts. **Does the planner include educational content about horses for different ages?** Yes, it offers age-specific facts and tips about horse care, riding techniques, and equine health, making it informative and engaging for all age groups. **Can the Horse Lovers 2020 Planner be personalized based on age?** Absolutely! The planner allows customization, with sections and prompts tailored to different age ranges to enhance user engagement and relevance. **Is the planner durable and suitable for daily use?** Yes, it is made with high-quality materials to withstand daily use, making it a reliable companion for horse lovers throughout the year. **Where can I purchase the Horse Lovers 2020 Weekly Monthly Planner with Age?** You can find it on major online retailers such as Amazon, specialty equestrian stores, or directly from the publisher's website for the best selection and deals.

Related keywords: horse lovers planner, equestrian weekly planner, horse riding organizer, horse-themed calendar, horse enthusiast journal, equestrian monthly planner, horse rider schedule, horse lover gift, horse age tracker, horse riding timetable

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.

QuestionAnswer 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](#)