

Yaad Sheher With Neelesh Misra Printable PDF

Yaad Sheher with Neelesh Misra is a captivating podcast that takes listeners on an immersive journey into the heart of Indian cities, their histories, cultures, and stories. Hosted by the renowned writer, journalist, and storyteller Neelesh Misra, this series offers a unique blend of nostalgia, storytelling, and cultural exploration. Through each episode, Misra brings to life the vibrant tapestry of Indian urban life, highlighting the stories that often go unheard amidst the hustle and bustle. In this article, we will explore the concept of Yaad Sheher, delve into Neelesh Misra's storytelling style, and examine why this podcast has resonated so deeply with audiences across India and beyond.

Understanding Yaad Sheher with Neelesh Misra

What is Yaad Sheher?

Yaad Sheher, translating to "Memory City" in English, is more than just a podcast series; it is a nostalgic ode to Indian cities that have shaped the lives of millions. Each episode focuses on a particular city, unraveling its history, culture, and local stories through the lens of ordinary people and their extraordinary lives. The goal is to preserve memories and share the essence of urban India, from bustling markets and historic landmarks to personal anecdotes and cultural traditions.

The Concept Behind the Podcast

The core idea of Yaad Sheher is to document the soul of Indian cities by capturing their stories and memories. Neelesh Misra combines his storytelling prowess with interviews, narration, and soundscapes to create an auditory experience that transports listeners to the streets, neighborhoods, and homes of these cities. The series emphasizes:

- The importance of preserving local history and culture.
- Giving voice to everyday people and their experiences.
- Celebrating the diversity and unity of Indian urban life.
- Creating a sense of nostalgia among listeners who may be far from their hometowns.

Neelesh Misra's Unique Storytelling Style

Background of Neelesh Misra

Neelesh Misra is a celebrated Indian journalist, author, and storyteller known for his compelling narratives and deep understanding of Indian society. His work spans across print, radio, and digital media, and he has received numerous awards for his storytelling and writing. His unique voice and empathetic approach make him an ideal host for a series like Yaad Sheher.

Storytelling Elements in Yaad Sheher

Misra's storytelling is characterized by:

- **Authenticity:** He captures real stories from everyday people, emphasizing genuine emotions and experiences.
- **Nostalgia:** He evokes a sense of longing and fond remembrance for the cities of yesteryears.
- **Soundscape Integration:** Using ambient sounds, music, and city noises to enhance immersion.
- **Interwoven Narratives:** Combining personal anecdotes, historical facts, and cultural insights seamlessly.
- **Empathy and Respect:** Giving voice to marginalized communities and highlighting their stories with dignity.

Exploring Indian Cities Through Yaad Sheher

City-Specific Episodes

Each episode of Yaad Sheher is dedicated to a particular city, exploring its unique identity and stories. Some notable examples include:

- **Delhi:** The city's layered history, from Mughal grandeur to modern chaos.
- **Mumbai:** The city of dreams, struggles, and resilience.
- **Kolkata:** The cultural capital of India, rich in literature and arts.
- **Chennai:** The blend of tradition and modernity in South India.
- **Lucknow:** The city of nawabs, known for its hospitality and heritage.

Each episode provides a deep dive into the city's soul, often through the stories of local residents, shopkeepers, artists, and historians.

Thematic Focus Areas

Apart from city-specific stories, the series also explores thematic topics such as:

- Urban migration and change
- Heritage preservation
- Cultural festivals and traditions
- Personal journeys and transformations
- Social issues faced by city dwellers

This thematic approach helps paint a comprehensive picture of urban life in India.

The Impact and Popularity of Yaad Sheher

Connecting Audiences

One of the reasons Yaad Sheher resonates so strongly with listeners is its ability to connect on a personal level. Many listeners find nostalgia in hearing familiar stories or discovering new facets of their hometowns. The series fosters a sense of community among listeners who share similar roots or cultural backgrounds.

Preservation of Cultural Heritage

By documenting stories that might otherwise be forgotten, Yaad Sheher plays a vital role in preserving India's diverse cultural heritage. It acts as an oral archive, ensuring that the stories of ordinary people are recorded for future generations.

Educational and Cultural Value

The series serves as an educational resource for those interested in Indian history, urban development, or cultural studies. It also promotes appreciation for regional diversity and the importance of local narratives.

Why Listen to Yaad Sheher?

Key Benefits for Listeners

- **Deep Cultural Insights:** Gain a nuanced understanding of Indian cities beyond tourist attractions.
- **Emotional Connection:** Experience a sense of nostalgia and belonging.
- **Educational Content:** Learn about history, traditions, and social issues.
- **Engaging Storytelling:** Enjoy compelling narratives crafted by Neelesh Misra.
- **Community Building:** Be part of a community that values stories and shared memories.

Ideal Audience

The podcast appeals to:

- Indians eager to reconnect with their roots
- Historians and cultural enthusiasts
- City residents interested in local stories
- Young listeners seeking authentic narratives
- Anyone curious about urban India's evolution

How to Access Yaad Sheher with Neelesh Misra

Platforms

You can listen to Yaad Sheher on various platforms:

- Apple Podcasts
- Spotify
- Google Podcasts
- Stitcher
- Other popular podcast apps

Additional Content

Neelesh Misra often shares behind-the-scenes stories, articles, and updates on social media channels, providing listeners with more context and engagement.

Conclusion: The Enduring Legacy of Yaad Sheher

Yaad Sheher with Neelesh Misra is more than just a podcast; it is a cultural movement that seeks to preserve and celebrate the stories that define Indian cities. Through heartfelt narration, immersive sound design, and a commitment to authenticity, Misra creates a platform where memories are cherished, histories are honored, and communities are united. Whether you're a native of a city or someone interested in Indian culture, listening to Yaad Sheher offers a window into the soul of India's urban landscapes. It reminds us that behind every street corner, building, and market, there are stories waiting to be told—and in sharing these stories, we keep our memories alive for generations to come.

Yaad Sheher with Neelesh Misra has emerged as a compelling audio journey that transports

listeners into the heart of India's vibrant, layered, and often nostalgic urban and rural landscapes. Hosted by the renowned storyteller and journalist Neelesh Misra, this podcast series masterfully combines storytelling, music, and in-depth cultural insights, creating an immersive experience that resonates deeply with audiences seeking to connect with India's diverse heritage. Since its debut, Yaad Sheher has garnered praise for its evocative narratives, authentic voice, and the way it captures the essence of Indian memories—both personal and collective.

Overview of Yaad Sheher with Neelesh Misra

Yaad Sheher is more than just a podcast; it functions as a digital homage to the memories, stories, and sounds that define Indian cities, towns, and villages. Neelesh Misra's storytelling prowess shines through as he delves into stories that are rooted in real-life experiences, folklore, and history. The series is characterized by its intimate tone, often blending soulful music with compelling narratives, making it a unique auditory experience.

The series primarily aims to evoke nostalgia, spark curiosity, and preserve stories that might otherwise be lost in the rapid pace of modern development. It captures the essence of India's diverse locales—from the bustling streets of Mumbai to the serene corners of rural Punjab—through the voices of local storytellers, musicians, and everyday people.

Content and Themes

Storytelling Style

Neelesh Misra's narration style is conversational, warm, and deeply engaging. He employs a poetic diction that allows listeners to feel as if they are part of the story. His voice has become synonymous with authentic storytelling, often drawing from his own experiences or those shared by locals. The storytelling often blends personal anecdotes with broader cultural themes, creating a layered narrative.

Themes Explored

- Nostalgia and Memory: The core of Yaad Sheher revolves around memories of places, people, and moments that define Indian life.
- Urban and Rural Dichotomies: The series explores the contrasts and connections between city life and village traditions.
- Cultural Heritage: It showcases local customs, festivals, music, and folklore.
- Social Issues: Some stories touch upon social challenges, migration, urbanization, and changing lifestyles.
- Music and Soundscapes: Integral to the series are traditional and contemporary musical pieces

that deepen the emotional impact.

Features of Yaad Sheher with Neelesh Misra

- **Authentic Local Voices:** The series often features interviews and stories from local residents, musicians, and storytellers, lending authenticity.
- **Sound Design and Music:** High-quality soundscapes and background music enhance storytelling, transporting listeners to different locales.
- **Diverse Geographic Coverage:** From metropolitan hubs to remote villages, the series covers a broad spectrum of Indian geography.
- **Emotional Depth:** The narratives evoke a wide range of emotions?nostalgia, joy, longing, hope.
- **Cultural Preservation:** It acts as a digital archive of oral histories and local traditions.

Pros of Yaad Sheher with Neelesh Misra

- Deeply immersive experience that combines storytelling with music.
- Promotes cultural awareness and preserves local stories.
- High production quality with attention to sound design.
- Suitable for all age groups interested in Indian culture and stories.
- Free access via various podcast platforms, expanding reach.

Cons or Limitations

- The episodic length varies, which might not suit all listeners seeking quick content.
- Some stories may require a familiarity with Indian cultural contexts for full appreciation.
- As a primarily audio series, it lacks visual elements that could enhance storytelling.
- Limited interactivity; mainly passive listening.

Impact and Reception

Since its inception, Yaad Sheher has been highly praised for its role in cultural preservation and storytelling innovation. Critics and listeners commend its ability to evoke nostalgia while providing fresh perspectives on familiar places. Many have highlighted how it fosters a sense of community among listeners who share roots in various Indian localities.

The series has also been recognized for its contribution to the podcasting scene in India, encouraging more storytellers and cultural historians to document oral histories. Its popularity is reflected in the growing number of followers across social media platforms and podcast directories.

Neelesh Misra's Role and Signature Style

Neelesh Misra's reputation as a storyteller and journalist lends credibility and depth to Yaad Sheher. His background in journalism and his passion for Indian storytelling traditions shine through in every episode. His signature style involves a gentle, rhythmic narration that invites listeners into a shared space of memory and reflection.

His ability to connect personal stories with larger cultural themes helps bridge generations. Additionally, Misra's collaborations with musicians and local storytellers enrich the series, making it a truly collaborative effort.

Comparison with Other Indian Podcasts

While there are many narrative and storytelling podcasts in India, Yaad Sheher distinguishes itself through its focus on place-based stories and cultural preservation. Unlike podcasts that focus on current affairs or entertainment, Yaad Sheher emphasizes history, memory, and community stories.

Compared to other series, it offers:

- A stronger emphasis on local voices.
- Deeper cultural context.
- Integration of traditional music.

This makes it particularly appealing for listeners interested in Indian heritage, anthropology, and folklore.

How to Engage with Yaad Sheher

- Platforms: Available on popular platforms like Spotify, Apple Podcasts, and Google Podcasts.
- Community Engagement: Listeners often share their memories and stories on social media, creating a community around shared histories.
- Supplementary Content: Some episodes are accompanied by videos or articles, providing additional context.

Final Thoughts and Recommendations

Yaad Sheher with Neelesh Misra is a must-listen for anyone interested in exploring the rich tapestry of Indian stories, music, and culture. Its ability to evoke nostalgia while educating and entertaining sets it apart in the crowded landscape of audio content. Whether you are a history enthusiast, a

lover of music, or someone seeking a deeper connection with India's diverse heritage, this series offers a profound and enriching experience.

Pros:

- Authentic, heartfelt storytelling.
- Rich cultural content.
- High-quality sound design.
- Promotes preservation of oral histories.

Cons:

- Variable episode lengths.
- May require some cultural context for full appreciation.
- Limited visual engagement.

In conclusion, Yaad Sheher with Neelesh Misra stands out as a cultural treasure trove, capturing the soul of India's myriad localities and communities. It invites listeners to listen, reflect, and remember—a fitting tribute to the collective memory of a nation constantly evolving yet deeply rooted in its traditions.

QuestionAnswer What is the main theme of the podcast series 'Yaad Sheher with Neelesh Misra'? The series explores the nostalgic memories, stories, and experiences associated with various Indian cities, capturing their essence through personal anecdotes and cultural insights. How does Neelesh Misra's storytelling style enhance the 'Yaad Sheher' series? Neelesh Misra's poetic and heartfelt narration brings authenticity and emotional depth to the stories, making listeners feel connected to the cities and their histories on a personal level. Which cities have been featured in the 'Yaad Sheher with Neelesh Misra' series so far? The series has featured a diverse range of cities including Delhi, Mumbai, Kolkata, Lucknow, and Hyderabad, among others, each explored through unique stories and cultural narratives. How can listeners engage with 'Yaad Sheher with Neelesh Misra' for more interactive experiences? Listeners can participate by sharing their own city stories, engaging on social media platforms, and following the series' updates to be part of discussions and community interactions. What makes 'Yaad Sheher with Neelesh Misra' a trending series in the current digital landscape? Its blend of nostalgic storytelling, cultural richness, and Neelesh Misra's compelling narration resonate with a wide audience seeking connection to Indian urban stories, making it a trending hit on various podcast platforms.

Related keywords: Yaad Sheher, Neelesh Misra, Mumbai stories, urban nostalgia, Indian storytelling, city life narratives, Mumbai memories, radio storytelling, Indian culture, urban reflections

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

Read the full article online: [Be With](#)