

essay essentials with readings sarah norton Handbook

essay essentials with readings sarah norton is an invaluable resource for students and writers aiming to strengthen their essay-writing skills. This comprehensive guide, authored by Sarah Norton, offers practical strategies, insightful readings, and essential techniques to help learners craft compelling, well-structured essays. Whether you're a novice or looking to refine your writing abilities, understanding the core principles outlined in this book can significantly enhance your academic performance and communication skills.

Introduction to Essay Essentials with Readings Sarah Norton

Writing an effective essay is a foundational skill for academic success. Sarah Norton's Essay Essentials with Readings combines theoretical insights with practical examples, making it an ideal resource for students across disciplines. The book emphasizes the importance of clarity, coherence, and critical thinking, all of which are crucial for producing persuasive and well-organized essays.

The Structure of an Effective Essay

One of the core focuses of Norton's work is understanding and implementing the fundamental structure of an essay. This structure ensures that your ideas are presented logically and convincingly.

1. Introduction

- Establishes the main topic
- Presents the thesis statement
- Engages the reader

2. Body Paragraphs

- Each paragraph focuses on a single idea
- Supports the thesis with evidence and analysis
- Uses topic sentences to maintain clarity

3. Conclusion

- Summarizes key points
- Restates the thesis in light of the discussion
- Provides final insights or calls to action

Key Elements of an Essay According to Sarah Norton

Sarah Norton highlights several critical elements that contribute to effective essay writing:

- **Clarity:** Clear expression of ideas ensures your audience understands your argument.
- **Coherence:** Logical flow between paragraphs and ideas maintains readability.
- **Evidence:** Supporting claims with credible readings and examples strengthens your position.
- **Analysis:** Critical examination of evidence demonstrates deeper understanding.
- **Conciseness:** Avoiding unnecessary words keeps your writing focused.

Incorporating Readings into Your Essay

A distinctive feature of Norton's approach is the integration of readings to support your arguments. Properly selecting and citing sources enhances credibility and demonstrates your engagement with the topic.

Choosing Readings

- Opt for reputable, relevant sources
- Use a mix of primary and secondary readings
- Ensure readings align with your thesis

Analyzing Readings

- Summarize key points succinctly
- Critically evaluate the arguments presented
- Connect readings to your thesis and discussion

Citing Readings

- Use appropriate citation styles (APA, MLA, Chicago)
- Attribute ideas correctly to avoid plagiarism
- Incorporate quotations smoothly into your writing

Strategies for Effective Essay Writing

Sarah Norton offers several practical strategies to streamline the writing process:

1. Planning and Outlining

- Brainstorm ideas relevant to your topic
- Develop a detailed outline
- Identify main arguments and supporting evidence

2. Drafting

- Write freely based on your outline
- Focus on getting your ideas down without worrying about perfection
- Use transitional phrases to connect ideas

3. Revising and Editing

- Review for clarity, coherence, and consistency
- Check for grammatical and spelling errors
- Ensure citations are accurate and complete

4. Seeking Feedback

- Share drafts with peers or instructors
- Incorporate constructive criticism
- Refine your essay accordingly

Common Pitfalls and How to Avoid Them

Norton discusses typical mistakes students make and provides tips to overcome them:

- **Vague thesis statements:** Make your thesis clear and specific.
- **Overloading with information:** Focus on relevant points that support your main argument.
- **Weak evidence:** Use credible readings and avoid generalizations.
- **Poor organization:** Follow a logical structure and use transitions effectively.

- **Neglecting proofreading:** Allocate time for thorough editing.

Enhancing Your Writing with Readings

To elevate your essays, Norton emphasizes the importance of critical engagement with readings. This involves more than quoting; it requires analysis, comparison, and synthesis.

Techniques to Engage Deeply with Readings

- Summarize main ideas in your own words
- Question the author's assumptions
- Compare different readings on the same topic
- Connect readings to your own experiences or perspectives

Using Readings to Develop Critical Thinking

- Challenge the readings by considering alternative viewpoints
- Identify gaps or biases in the sources
- Use readings to support nuanced arguments

Practical Tips for Students Using Essay Essentials with Readings Sarah Norton

- Create a reading log: Record key points, quotes, and your reflections.
- Develop a thesis early: Use readings to refine your main argument.
- Draft with purpose: Each paragraph should relate back to your thesis and readings.
- Balance quotations and paraphrasing: Use quotations sparingly and paraphrase when appropriate.
- Maintain academic integrity: Always cite sources properly to avoid plagiarism.

Conclusion: Mastering Essay Writing with Norton's Guidance

Sarah Norton's Essay Essentials with Readings serves as an essential toolkit for anyone eager to improve their essay-writing skills. By understanding the structure, elements, and strategies outlined in the book, students can produce essays that are not only well-organized and persuasive but also demonstrate critical engagement with relevant readings. Incorporating these principles into your writing process will lead to clearer, more impactful essays and help you develop academically and professionally.

Remember, effective essay writing is a skill that improves with practice and reflection. Use Norton's insights and recommended readings as a foundation to build your confidence and competence. Whether for academic assignments, personal projects, or professional writing, mastering the essentials of essay writing is an investment in your future success.

Essay essentials with readings Sarah Norton is a comprehensive guide designed to help students develop their writing skills, particularly in the context of academic essays. This book combines clear instruction, practical exercises, and engaging readings to foster a deeper understanding of essay writing fundamentals. As a staple in many writing courses, it aims to demystify the process, build confidence, and enhance critical thinking. In this review, we will explore the key features of the book, its strengths and weaknesses, and how it serves as an essential resource for students seeking to improve their essay writing abilities.

Overview of "Essay Essentials with Readings" by Sarah Norton

"Essay Essentials with Readings" is structured around guiding students through the various stages of essay writing, from understanding prompts to crafting compelling arguments and revising drafts. The book emphasizes the importance of reading critically, organizing ideas logically, and expressing oneself clearly. It integrates readings that serve as models, prompts for practice, and discussion topics, making it suitable for both classroom instruction and independent study.

The author, Sarah Norton, is known for her approachable writing style and her focus on developing students' analytical skills alongside their writing skills. The book is often praised for balancing theory with practical application, making it accessible for beginners while still offering valuable insights for more advanced students.

Key Features of the Book

Structured Approach to Essay Writing

One of the standout features of "Essay Essentials with Readings" is its systematic approach. The book divides the process into manageable steps:

- Understanding the essay prompt
- Developing a thesis statement
- Organizing ideas with outlines
- Writing drafts
- Revising and editing

This structure helps students understand that essay writing is a process, not just a one-time effort.

By breaking down the task, students can build confidence and develop a clear pathway from initial idea to final draft.

Incorporation of Readings

The book's inclusion of diverse readings serves multiple purposes:

- Demonstrate different essay styles and tones
- Provide models for effective argumentation
- Stimulate critical thinking and discussion

These readings are carefully selected to align with various themes and prompts, offering students real-world examples of successful essays. The accompanying questions and activities encourage students to analyze the texts and emulate effective strategies.

Practical Exercises and Prompts

Each chapter features exercises designed to reinforce learning. These include:

- Writing prompts to practice thesis development
- Outlining activities
- Peer review exercises
- Reflective questions about the writing process

These activities foster active learning and help students apply concepts directly, rather than passively absorbing information.

Focus on Critical Reading and Analysis

A core component of the book is teaching students how to read critically. Norton emphasizes that effective essays are grounded in well-analyzed texts. The book offers strategies for annotating readings, identifying main ideas, and evaluating arguments, skills that are essential for constructing strong essays.

User-Friendly Layout and Accessibility

The book's design features clear headings, summaries, and visual aids that make navigation straightforward. Its language is accessible, avoiding unnecessary jargon, which makes it suitable for a wide range of students, including those new to academic writing.

Pros and Cons of "Essay Essentials with Readings"

Pros

- Comprehensive coverage: Addresses all stages of essay writing from understanding prompts to revising drafts.
- Balanced approach: Combines theory, readings, and practical exercises.
- Accessible language: Clear and straightforward, suitable for beginners.
- Diverse readings: Offers models that reflect a variety of styles and topics.
- Focus on critical reading: Equips students with skills to analyze texts, enhancing their writing.
- Interactive activities: Encourages active participation and skill application.
- Teacher-friendly: Easy to integrate into classroom instruction with discussion questions and assignments.

Cons

- Limited focus on research skills: The book primarily emphasizes writing essays based on readings rather than integrating extensive research techniques.
- Somewhat traditional: Might lack coverage of digital literacy or contemporary essay formats.
- Assumes basic literacy skills: Not as suited for students who are very new to writing or English language learners.
- Repetitive exercises: Some students may find the exercises somewhat repetitive or basic after a certain point.
- Lack of digital resources: The book might benefit from supplementary online materials or interactive components.

How the Book Supports Different Learners

"Essay Essentials with Readings" is particularly effective for students who are:

- New to academic writing and need a clear, step-by-step guide
- Looking to improve their analytical reading skills
- Seeking models of well-written essays for inspiration
- Interested in developing their critical thinking alongside writing

However, students seeking advanced techniques, such as integrating research or mastering digital literacy, may find the book somewhat limited. It serves as an excellent foundational resource but might need to be supplemented with other materials for comprehensive skill development.

Integration into Curriculum and Self-Study

The book's structure makes it highly adaptable for classroom use. Teachers can assign chapters sequentially or select specific sections based on students' needs. Its discussion questions and activities facilitate group work, peer review, and class discussions.

For independent learners, "Essay Essentials with Readings" provides a self-paced pathway to improve writing. Its clear instructions and exercises help students identify their weaknesses and develop targeted strategies.

Comparison with Other Writing Guides

Compared to other popular writing guides, such as "They Say / I Say" by Gerald Graff and Cathy Birkenstein or "The Elements of Style" by Strunk and White, Norton's book offers a more comprehensive, classroom-oriented approach. It combines readings, exercises, and structured guidance, making it particularly suitable for introductory courses.

While "They Say / I Say" focuses heavily on argumentation and persuasive writing, Norton's book offers broader coverage, including understanding prompts, organizing essays, and critical reading. "The Elements of Style" is more concise and style-focused, whereas Norton's work provides a broader pedagogical framework.

Conclusion and Final Thoughts

"Essay Essentials with Readings" by Sarah Norton stands out as a well-rounded, accessible, and practical resource for students learning to craft effective essays. Its emphasis on reading critically, organizing ideas, and practicing through exercises makes it an invaluable tool for beginners and intermediate students alike. The inclusion of readings not only models good writing but also encourages engagement with texts, fostering a deeper understanding of how arguments are constructed.

While it may have some limitations regarding research techniques and contemporary digital formats, its strengths in clarity, structure, and pedagogical design make it a recommended choice for educators and self-learners aiming to build solid foundational skills in essay writing. Overall, Norton's book is a thoughtful and comprehensive guide that equips students with the essential tools to succeed academically and beyond.

In summary, "Essay Essentials with Readings" is a highly recommended resource for those seeking to develop a confident, analytical, and effective approach to essay writing. Its balanced combination of instruction, models, and practice ensures that students are well-prepared to tackle a variety of writing challenges with skill and confidence.

QuestionAnswer What are the main objectives of 'Essay Essentials with Readings' by Sarah Norton? The book aims to teach students the fundamental skills of essay writing, including understanding prompts, developing thesis statements, organizing ideas, and incorporating readings effectively to support their arguments. How does 'Essay Essentials with Readings' integrate reading strategies into essay writing? The book emphasizes close reading techniques, analyzing texts critically, and using readings as evidence to strengthen essays, thereby enhancing students' comprehension and argumentation skills. What types of essays are covered in Sarah Norton's 'Essay Essentials with Readings'? The book covers a variety of essay types, including narrative, expository, persuasive, and analytical essays, providing guidance tailored to each genre. Does 'Essay Essentials with Readings' include practical exercises for students? Yes, the book features numerous exercises, prompts, and practice essays designed to reinforce key concepts and develop students' writing skills. How does Sarah Norton address incorporating readings into essays in her book? Norton provides strategies for selecting relevant quotations, paraphrasing effectively, and citing sources properly to integrate readings seamlessly into essays. Is 'Essay Essentials with Readings' suitable for beginner writers? Yes, the book is designed to be accessible for beginners, offering clear explanations and step-by-step guidance to build foundational essay-writing skills. What role does critical thinking play in 'Essay Essentials with Readings'? Critical thinking is emphasized throughout the book, encouraging students to analyze texts deeply, question assumptions, and develop well-reasoned arguments. Can instructors use 'Essay Essentials with Readings' for classroom teaching? Absolutely, the book includes lesson plans, discussion questions, and assessment ideas, making it a useful resource for instructors. How does the book help students improve their writing process? It guides students through each stage of writing?from planning and drafting to revising?while integrating readings to support their ideas effectively. What updates or new features are included in the latest edition of 'Essay Essentials with Readings'? The latest edition incorporates current examples, digital literacy tips, and expanded exercises to reflect contemporary essay writing challenges and opportunities.

Related keywords: essay writing, Sarah Norton, essay essentials, academic writing, reading comprehension, essay structure, writing tips, literary analysis, composition skills, instructional guide

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

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