

the ultimate guide to academic writing with phras Ebook

The ultimate guide to academic writing with phras is an essential resource for students, researchers, and academics aiming to enhance the clarity, coherence, and professionalism of their scholarly work. Academic writing is a specialized form of communication that requires precision, formal tone, and a strong command of language. Incorporating effective phrases—often referred to as "phras"—can significantly improve the flow and impact of your writing, making complex ideas more accessible and your arguments more persuasive. This comprehensive guide will explore the fundamentals of academic writing, the importance of using the right phrases, and practical strategies to master this skill.

Understanding Academic Writing

Academic writing is characterized by its formal tone, clarity, objectivity, and evidence-based approach. Unlike casual writing, it emphasizes critical thinking, structured argumentation, and precise language.

The Purpose of Academic Writing

- To inform or explain complex ideas
- To persuade or argue a particular point of view
- To demonstrate understanding of a subject
- To contribute to scholarly discourse

Key Features of Academic Writing

- Formal language and tone
- Clear and logical organization
- Evidence-supported claims
- Proper referencing and citations
- Use of discipline-specific terminology

The Role of Phras in Academic Writing

Phras, or specific phrases, serve as linguistic tools that help articulate ideas effectively, connect

paragraphs seamlessly, and adhere to academic conventions. Using the right phrases can:

- Clarify your arguments
- Indicate relationships between ideas
- Enhance the professionalism of your writing
- Improve readability and flow

Common Types of Phrases in Academic Writing

- Introducing ideas: "It is widely accepted that...", "This study aims to..."
- Adding information: "Furthermore...", "In addition...", "Moreover..."
- Contrasting ideas: "However...", "On the other hand...", "In contrast..."
- Emphasizing points: "Significantly...", "Importantly...", "Notably..."
- Summarizing or concluding: "In conclusion...", "To summarize...", "Overall..."

Strategies for Effective Academic Writing with Phras

Mastering academic writing involves understanding how to incorporate phrases naturally and appropriately.

1. Build a Vocabulary of Academic Phrases

Create a personal lexicon of useful phrases to draw upon when writing. This makes your writing more varied and precise.

2. Use Phrases to Signal Structure

Help readers follow your argument by clearly indicating the structure:

- Introduction: "This paper discusses...", "The purpose of this study is..."
- Development: "Firstly...", "Another important aspect...", "Furthermore..."
- Conclusion: "In conclusion...", "The findings suggest..."

3. Connect Ideas Smoothly

Use linking phrases to ensure logical flow:

- To add: "Additionally...", "Besides...", "Similarly..."
- To contrast: "Conversely...", "Nevertheless...", "Alternatively..."
- To show cause and effect: "As a result...", "Due to...", "Consequently..."

4. Be Concise and Precise

While phrases are helpful, avoid overusing them. Use the most appropriate and concise phrases to maintain clarity.

5. Tailor Phrases to Your Discipline

Different academic fields have preferred expressions. For example:

- In sciences: "The data indicates...", "Experimental results show..."
- In humanities: "This suggests that...", "The author argues that..."

Examples of Phrases for Different Sections of Academic Papers

To assist in your writing, here are categorized examples:

Introduction

- "This study explores..."
- "Recent research has shown..."
- "The purpose of this paper is to..."

Literature Review

- "According to Smith (2020)..."
- "Previous studies have demonstrated..."
- "It has been argued that..."

Methodology

- "This research employs a..."
- "Data was collected through..."
- "The analysis was conducted using..."

Results

- "The findings reveal..."
- "Results indicate that..."
- "Significant differences were observed in..."

Discussion

- "This suggests that..."
- "The results support the hypothesis that..."
- "Conversely, the data shows..."

Conclusion

- "In summary..."
- "The study highlights..."
- "Future research should focus on..."

Common Pitfalls to Avoid When Using Phras in Academic Writing

While phrases can enhance your writing, misuse or overuse can hinder clarity. Be cautious of:

- Redundancy: Avoid repetitive phrases that do not add value.
- Inappropriate formality: Using overly casual phrases in formal writing.
- Misapplication: Using a phrase that doesn't fit the context can confuse readers.
- Overuse of linking words: Too many can make writing seem cluttered.

Tools and Resources to Improve Your Academic Writing

- Phrasebooks and Academic Writing Guides: Use specialized books or online resources for a repertoire of phrases.
- Thesauruses: Find alternative expressions to diversify your vocabulary.
- Writing Software: Grammarly, Hemingway Editor, and other tools can help identify overused phrases and suggest improvements.
- Academic Databases: Reading published papers helps understand effective phrase usage in your discipline.

Practice Tips for Mastering Academic Phras

- Read extensively: Analyze how authors use phrases to connect ideas.
- Write regularly: Practice incorporating new phrases into your drafts.
- Seek feedback: Have peers or mentors review your work for clarity and coherence.
- Revise and edit: Review your writing to replace weak phrases with stronger alternatives.

Conclusion

Mastering academic writing with the strategic use of phrases is a vital skill that elevates the quality and professionalism of your scholarly work. By understanding the types of phrases, practicing their application, and tailoring your language to suit your discipline, you can communicate your ideas more effectively. Remember, the goal is clarity, coherence, and persuasiveness anchored by precise and appropriate use of phrases. With dedication and practice, you can become a confident academic writer capable of producing impactful and well-structured papers.

Meta Description: Discover the ultimate guide to academic writing with phras. Learn essential phrases, strategies, and tips to improve your scholarly writing and make your arguments clearer and more persuasive.

The Ultimate Guide to Academic Writing with Phras: Elevating Your Scholarly Communication

In the realm of academia, clear and precise communication is paramount. Whether you're crafting a research paper, a thesis, or journal articles, the language you employ can significantly impact how your ideas are received and understood. Enter Phras, a cutting-edge tool designed to revolutionize academic writing by providing tailored phrase suggestions, enhancing clarity, coherence, and professionalism. This comprehensive guide aims to explore the multifaceted capabilities of Phras, illustrating how it can become your indispensable companion in scholarly writing.

Understanding Phras and Its Role in Academic Writing

Phras is an advanced AI-powered platform that specializes in generating, suggesting, and refining phrases tailored for academic contexts. Its primary goal is to assist writers—students, researchers, and academics—in constructing well-structured, persuasive, and academically rigorous texts. Unlike generic writing assistants, Phras focuses specifically on the nuances of scholarly language, ensuring that your writing conforms to academic standards.

Key Features of Phras:

- Context-aware phrase suggestions
- Discipline-specific language modules
- Sentence restructuring for clarity
- Plagiarism detection and paraphrasing tools
- Integration with popular writing platforms

Why Use Phras for Academic Writing?

The importance of using a dedicated tool like Phras lies in its ability to address common challenges faced by writers in academia:

- **Enhancing Precision:** Academic writing demands exactness. Phras offers precise phrase options that eliminate ambiguity.
- **Improving Coherence and Flow:** Transition phrases and connectors suggested by Phras help create logical progression.
- **Maintaining Formal Tone:** Phras ensures that the language remains professional, avoiding colloquialisms or informal expressions.
- **Saving Time:** Automated suggestions reduce drafting time and improve efficiency.
- **Supporting Non-Native Speakers:** For non-native English speakers, Phras provides idiomatic and academically appropriate phrasing.

How to Use Phras Effectively in Academic Writing

To maximize Phras's benefits, it's essential to understand its core functionalities and best practices for integration into your writing process.

1. Starting with a Clear Outline

Before leveraging Phras, outline your ideas and structure your paper. This clarity will help the tool generate more relevant suggestions aligned with your arguments.

2. Inputting Context Accurately

Phras operates best when given sufficient context. When entering a phrase or sentence, ensure that the surrounding information is clear. Use the platform's contextual prompts to specify the discipline, tone, and purpose.

3. Exploring Phrase Suggestions

Once you've entered your draft or a key phrase, Phras will generate multiple options. Review these

suggestions critically, selecting the ones that best fit your style and the academic standards of your field.

4. Refining and Editing

Incorporate the suggested phrases into your manuscript, then review for flow and coherence. Phras also offers editing tools to restructure sentences if needed.

5. Cross-Checking for Plagiarism and Paraphrasing

Use Phras's plagiarism detection to ensure originality, especially when paraphrasing complex ideas from sources.

Key Components of Academic Writing Enhanced by Phras

Phras assists in multiple aspects of scholarly writing. Here's a detailed look at each:

1. Crafting a Strong Introduction

The introduction sets the tone. Phras can suggest opening phrases such as:

- "Recent advancements in..."
- "The purpose of this study is to..."
- "This paper aims to explore..."

Using these ensures a professional and engaging start.

2. Developing the Literature Review

Phras helps articulate existing research with phrases like:

- "According to previous studies..."
- "Scholars have argued that..."
- "Research by [Author] (Year) indicates..."

This fosters a coherent synthesis of sources.

3. Presenting Methodology

Clear method descriptions are crucial. Phras offers phrases such as:

- "The data was collected through..."
- "A qualitative/quantitative approach was employed..."
- "Participants were selected based on..."

4. Analyzing and Discussing Results

Effective analysis relies on precise language. Phras can suggest:

- "The findings indicate that..."
- "This suggests a correlation between..."
- "Contrary to initial hypotheses..."

5. Concluding with Impact

Strong conclusions often use phrases like:

- "In summary..."
- "The results underscore the importance of..."
- "Future research should focus on..."

Discipline-Specific Phrasing with Phras

Different academic fields have unique language conventions. Phras offers modules tailored to disciplines such as:

- Science and Engineering: Emphasizing technical accuracy and passive voice.
- Social Sciences: Focusing on nuanced argumentation and citing sources.
- Humanities: Supporting analytical and interpretive language.
- Business and Economics: Facilitating concise, data-driven phrasing.

This specialization ensures your writing aligns with disciplinary standards.

Best Practices for Academic Writing with Phras

To harness the full potential of Phras, consider these best practices:

- Combine AI Suggestions with Your Voice: Use Phras as an aid, not a crutch. Always review suggested phrases to ensure they reflect your intended meaning.
- Maintain Critical Editing: AI-generated phrases may sometimes lack nuance. Regular editing ensures coherence and authenticity.
- Avoid Overuse of Templates: While helpful, over-reliance on common phrases can make your writing monotonous. Mix suggestions with original ideas.
- Stay Updated with Phras's Features: Regular platform updates introduce new tools and modules. Stay informed to maximize benefits.
- Practice Consistent Citation and Referencing: Phras can assist in paraphrasing, but ensure proper citation practices are followed to maintain academic integrity.

Potential Challenges and Limitations

While Phras is a powerful tool, it's important to recognize its limitations:

- Context Sensitivity: The AI might misinterpret complex ideas; human oversight remains essential.
- Disciplinary Nuances: Some fields may have specific jargon not fully captured by the platform.
- Risk of Homogenization: Overusing suggested phrases can lead to generic writing. Strive for originality.

Understanding these challenges enables users to utilize Phras judiciously.

Final Thoughts: Is Phras the Future of Academic Writing?

As academic writing continues to evolve with technological advancements, tools like Phras represent a significant step toward more efficient and effective scholarly communication. By providing tailored, context-aware phrase suggestions, Phras not only streamlines the writing process but also enhances the quality and professionalism of academic texts.

However, it's crucial to remember that AI tools are aids, not replacements for critical thinking and originality. Combining human insight with Phras's capabilities results in the most compelling and credible scholarly work.

Conclusion

Mastering academic writing is a complex skill, but with the right tools, it becomes more accessible. Phras exemplifies how artificial intelligence can elevate scholarly communication, offering nuanced phrase suggestions, discipline-specific language, and editing support. Whether you're a seasoned researcher or a student embarking on your academic journey, integrating Phras into your workflow

can lead to clearer, more impactful writing.

Embrace Phras as your writing partner, and transform your academic manuscripts from good to exceptional?one phrase at a time.

QuestionAnswer What is the significance of using PHRAS in academic writing? PHRAS (Punctuation, Grammar, Style, and Sentence structure) is essential in academic writing as it ensures clarity, coherence, and professionalism, making your arguments more persuasive and your work more credible. How can I improve my academic writing with PHRAS techniques? You can enhance your academic writing by focusing on proper punctuation, grammatical accuracy, consistent style, and well-structured sentences. Practice editing your work with these elements in mind and use tools or guides to refine your skills. Are there common PHRAS mistakes to avoid in academic papers? Yes, common mistakes include run-on sentences, incorrect punctuation, inconsistent tense, vague language, and improper citation styles. Avoiding these improves the professionalism and readability of your work. What are some effective tools or resources to master PHRAS for academic writing? Effective tools include grammar checkers like Grammarly, citation management software like Zotero, style guides such as APA or MLA manuals, and academic writing courses or workshops focused on PHRAS elements. How does mastering PHRAS contribute to academic success? Mastering PHRAS ensures your ideas are communicated clearly and professionally, increasing the likelihood of positive peer review, publication acceptance, and academic recognition, ultimately contributing to your success as a scholar.

Related keywords: academic writing, writing tips, thesis writing, research paper, scholarly writing, academic vocabulary, writing strategies, academic phrases, essay writing, academic editing

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](#)