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Writing this literature review challenged me to move from summarizing sources to actually synthesizing them around shared ideas. The paper required me to arrange research data into distinct sections through academic terminology while using professional language throughout the entire document. The discovery of how social behavior and digital tools and emotional factors unite within gym culture became my favorite part because it made the subject more significant and relatable. The process of maintaining perfect MLA order for all citations became my most difficult challenge. The process required me to participate directly in academic discussions instead of presenting basic facts because I learned to recognize patterns and build connections and share my research domain with all academic scholars.