

FASTING THE INTERMITTENT FASTING BIBLE INTERMITTENT FASTING FLEXIBLE DIET CAR

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What is the best intermittent fasting schedule to lose belly fat? 16/8 Method: Fast for 16 hours and have an 8-hour eating window daily. For example, you might fast from 8:00 pm to 12:00 pm the next day and eat between 12:00 pm and 8:00 pm.

What is the 7 day intermittent fasting challenge? Schedule: During a seven-day week, choose two days to fast. It's best to break up fasting days so as not to be consecutive. The remaining five days are regular eating days. Rules: On your fasting days, you may eat minimally, around 500 to 600 calories per day.

How to do carb cycling with intermittent fasting?

What is the best intermittent fasting cycle? Many people consider the 16/8 method the simplest and most sustainable form of IF — you might want to try this practice first. If you find it easy and feel good during the fast, then maybe try moving on to more advanced fasting methods. Another approach is to fast whenever it's convenient.

What can I drink while fasting?

Why am I not losing weight on 16:8 fasting? If you've tried intermittent fasting but aren't losing weight, possible reasons why include overeating during your eating window and poor food choices. To help, you can try eating fewer calories, work on balancing your meals, or create a smaller or larger eating window.

What will 7 days of fasting do to your body? Weight loss: A seven-day fast is likely to cause weight loss since it lowers caloric intake and forces the body to burn fat and stored glycogen for energy, mentioned Dr Babina. Blood sugar control: Insulin sensitivity and blood sugar regulation may both be enhanced by fasting.

What happens after 7 days of intermittent fasting? New findings reveal that the body undergoes significant, systematic changes across multiple organs during prolonged periods of fasting. The results demonstrate evidence of health benefits beyond weight loss, but also show that any potentially health-altering changes appear to occur only after three days without food.

What happens after 4 weeks of intermittent fasting? After four weeks of consistent fasting, research shows that you should have measurable improvements in blood-glucose levels, insulin levels, insulin sensitivity, and blood pressure to accompany favorable changes in your body weight (assuming you had some excess weight to lose).

What not to eat when carb cycling? Bad carbs are typically found in highly processed food that's also low in fiber. Items that fall in the "bad carb" category usually include white flour and/or sugar. (Examples of foods to avoid include white bread, sugary cereal, cakes and cookies.)

What does 50 carbs a day look like? Bread: Around 2 to 3 slices of white or whole wheat bread typically contain around 50g of carbohydrates. Oats: Approximately 50g of dry oats (about 1/2 cup) provides around 50g of carbohydrates. Fruits: Consuming around 2 medium-sized bananas or 3 medium-sized apples can give you close to 50g of carbohydrates.

What is the best carb cycling schedule? A typical weekly carb cycling diet may include 2 high carb days, 2 moderate carb days, and 3 low carb days. Protein intake is usually similar from day to day, whereas fat intake varies based on carb intake. A high carb day usually means low fat, whereas low carb days are high fat.

What foods should you avoid during intermittent fasting? It's best to limit ultra-processed foods like packaged snacks, deep-fried items, sugary drinks, and most frozen meals. These negate the positive effects of 16/8 intermittent fasting. To begin

16/8 intermittent fasting, choose an 8-hour window and limit your food intake to that time span.

How to start intermittent fasting for beginners? A good option for beginners, then, is to fast for a set number of hours each day. This option allows you to start with fasting for around 12 hours a day, most of which you will be asleep. After you get more comfortable with 12-hour fasts, you can slowly lengthen the time of the fast.

Does sleep count as fasting? The easiest way to do the 12-hour fast is to include the period of sleep in the fasting window. For example, a person could choose to fast between 7 p.m. and 7 a.m. They would need to finish their dinner before 7 p.m. and wait until 7 a.m. to eat breakfast but would be asleep for much of the time in between.

Can I lose belly fat with intermittent fasting? Some studies show that intermittent fasting has short-term effects. People who followed this diet were able to lose weight, belly fat as well as markers of inflammation. When you fast, the body's cells are under mild stress.

Which intermittent fasting burns the most fat? According to some researchers, fasting for 10–16 hours can cause the body to turn its fat stores into energy, which releases ketones into the bloodstream. This should encourage weight loss. This type of intermittent fasting plan may be a good option for beginners.

How many hours of fasting for belly fat? Here's a simple checklist to follow for effective belly fat loss through intermittent fasting: Choose your fasting schedule: The 16/8 method (16 hours of fasting and an 8-hour eating window) is a popular choice.

How to lose belly fat in 2 weeks?

What is an example of a noun clause with answers?

What questions do noun clauses answer? If the clause answers the question, “who?” or “what?”, then it is a noun clause. If the clause answers one of these questions: “where?”, “how?”, “when?”, or “why?”, then it is an adverbial clause.

What are the 10 examples of clauses with answers?

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What are the 4 types of noun clauses? There are four types of noun clauses: a noun clause as subject; a noun clause as object of a verb; a noun clause as object of a preposition; and a noun clause in apposition to a noun.

What are 5 examples of clauses?

How to identify a noun clause easily? How to Identify a Noun Clause? You can identify a noun clause in two steps: First, check if there is a noun and a verb. Then, analyse if it plays any of the functions of a noun (subject, direct object, indirect object, subject complement and object of a preposition).

What is a noun clause for dummies? A noun clause is a clause that functions as a noun. Like all clauses, a noun clause has a subject and a verb. Lots of noun clauses start with 'that,' 'how,' or a 'wh'-word (e.g., 'why,' 'what'). Noun clauses can function as subjects, objects, or complements.

What is noun clause example words? Noun clauses most often begin with the subordinating conjunction that. Other words that may begin a noun clause are if, how, what, whatever, when, where, whether, which, who, whoever, whom and why.

What are 5 examples of noun phrases?

What is an example of a noun clause 20? 20 Examples of Noun Clauses Below are 20 examples: that she found no answers that prices are falling rapidly that our national economy is in trouble that we all want a better life that the earth is round what you just said what kept them in the dark what I may never understand what you first reported to the headmaster ...

How to identify a clause? How to Identify a Clause. A clause, by comparison, can contain a phrase (or several phrases), but has a subject and verb working together. Clauses are differentiated from phrases by the simple fact that their subjects and verbs are linked and agree.

What questions do clauses answer? An adverb clause answers questions such as when?, where?, why?, with what goal/result? and under what conditions? Note that an adverb clause may replace an adverb, as in the following example: Adverb. The premier gave a speech here.

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What is an example of a noun clause question? Noun Clauses Beginning with “Whether” or “If” I wonder whether he will come. I wonder if he will come. Does she need help? I don't know whether she needs help.

How to teach noun clauses?

What is noun clause pattern? 1. A noun clause is formed with subordinator + subject + verb (+ rest of clause). Noun clauses usually begin with words called subordinating conjunctions or subordinators.

How to learn clauses easily?

How to identify main clause? How do you find the main clause in a sentence? To find the main clause in a sentence, look for a subject and a verb. Once you've identified these, see if the clause would make sense as a stand-alone sentence.

What words begin clauses? (NOTE: Subordinate clauses begin with words such as after, although, as, because, before, even if, even though, if, since, so that, unless, until, when, whenever, whereas, while, etc. Dependent clauses include clauses that may begin with that, who, whom, whose, which, where, when, and why.

What are the 10 examples of noun clauses?

What are noun clauses for beginners? Noun clauses are dependent clauses. This means they have a subject and a verb, but they do not express a complete idea by themselves. A noun clause usually begins with a relative pronoun like that, which, who, whoever, whomever, whose, what, or whatsoever.

What is a noun clause for kids? A noun clause is a dependent clause that acts as a noun. It can be used as the subject, direct object, indirect object, object of a preposition, subject complement, or appositive. Subject: What I had forgotten was that I had a test today. Direct object: You must choose which flavor of ice cream you want.

How do you identify a noun clause? A noun clause has a noun and a verb. In other words, a noun clause has a subject and a predicate, like a sentence, but because it is dependent, it doesn't express a complete thought. A noun phrase is a

group of words that includes a noun but no verb.

What is that in a noun clause?

What is the noun clause of tell me where you live? Answer. The verb "tell" is a transitive verb, which means it requires a direct object to complete its meaning. The noun clause "where you live" acts as the direct object of the verb "tell," indicating what is being told.

How to identify the function of a noun clause?

What are the rules of clauses? Because a clause expresses an action or a state of being, a clause can often—but not always—function as an independent sentence. A sentence can have just one clause or it can have multiple clauses. The only defining characteristic of a clause is that it must contain a related subject and verb.

How do you change a noun clause to a noun phrase? For changing noun clauses into noun phrases we have to remove the subject and change the verb into infinitive phrases or gerund phrases.

What is noun clause example words? Noun clauses most often begin with the subordinating conjunction that. Other words that may begin a noun clause are if, how, what, whatever, when, where, whether, which, who, whoever, whom and why.

What are 5 examples of noun phrases?

What is an example of a noun clause 20? 20 Examples of Noun Clauses Below are 20 examples: that she found no answers that prices are falling rapidly that our national economy is in trouble that we all want a better life that the earth is round what you just said what kept them in the dark what I may never understand what you first reported to the headmaster ...

What is the use of noun clause in a sentence? A noun clause is a dependent clause that acts as a noun. It can be used as the subject, direct object, indirect object, object of a preposition, subject complement, or appositive. Subject: What I had forgotten was that I had a test today. Direct object: You must choose which flavor of ice cream you want.

What is a noun clause for dummies? A noun clause is a clause that functions as a noun. Like all clauses, a noun clause has a subject and a verb. Lots of noun clauses start with 'that,' 'how,' or a 'wh'-word (e.g., 'why,' 'what'). Noun clauses can function as subjects, objects, or complements.

How to teach noun clauses?

What is that in a noun clause?

What is the difference between a noun phrase and a noun clause? Both noun clauses and noun phrases are groups of words that work together as a single noun. The difference is that noun clauses contain a verb, but noun phrases do not. Noun clauses also usually start with a relative pronoun, whereas noun phrases do not.

What is noun 5 examples? Common Nouns and Proper Nouns Examples include desk, chair, lamp, and cup. Proper nouns are people, places, and things with specific names. Examples include Bob, France, Friday, and Washington. In the following sentences, identify whether the italicized words are common or proper nouns.

How to find out noun phrase in a sentence? In order to identify the noun phrase in a sentence, the heading noun has to be identified first. Then all the modifiers before and after it have to be identified. This group of words will be the noun phrase of the sentence.

How to find noun clause? Clue 1: A noun clause contains a subject and a verb, but it is preceded by a subordinating conjunction. Clue 2: The following subordinating conjunctions often start noun clauses: that, how, why, who, whoever, whether, when, which, or where. Example of noun clause in a sentence.

What are 10 clauses examples?

What is the formula for a noun clause? 1. A noun clause is formed with subordinator + subject + verb (+ rest of clause). Noun clauses usually begin with words called subordinating conjunctions or subordinators.

What is a noun clause usually used as? A noun clause is a group of words that has the same uses in a sentence as a noun. As such, a noun clause can function as

either the subject or the object of a sentence: What she wrote [subject] is [verb] true. "What she wrote" is the subject of the verb "is."

What are the three types of noun clauses? There are three main types of noun clauses: declarative, interrogative, and relative. Declarative noun clauses make a statement and usually begin with the word that. For example: "That he is leaving." We use these clauses when we want to add extra information to a sentence.

What are the rules of clauses? Because a clause expresses an action or a state of being, a clause can often—but not always—function as an independent sentence. A sentence can have just one clause or it can have multiple clauses. The only defining characteristic of a clause is that it must contain a related subject and verb.

How to answer IB business exam questions?

What is the average score for IB business management? You can read the IB's initial post-results communication [here](#), including some key statistics: The worldwide average Diploma score for the May 2021 session is 33.02 points, up from 31.34 in May 2020 and 29.62 (the last time external exams were taken).

What do you do in IB business management? The course empowers students to think critically and strategically about individual and organizational behavior; promotes awareness of environmental, social, and ethical factors in business; explores organizations across sectors and socio-cultural and economic contexts; and develops student understanding of the ...

How long is IB Business Management Paper 2? Paper 2. Paper 2 includes a few shorter case studies in Sections A and B, and an essay about business concepts in Section C. In Paper 2, Section C is required for both SL and HL students. For SL students, Paper 2 lasts for 1 hour and 45 minutes and the weighting is 40% of the total grade.

Is it hard to get a 7 in IB business? Key Takeaways. Hard work and focus are necessary to achieve a 7 in IB Business Management. Practicing past papers and understanding the exam structure and command terms are important for success. Keeping up to date with industry news and reading about an industry of interest can provide valuable exam materials.

What is a fail in IB exam? FAILING CONDITIONS: A student will NOT receive an IB Diploma if one or more of the following occur: CAS requirements have not been met. Candidate's total exam & core points are fewer than 24. An N has been given for theory of knowledge, extended essay or for a contributing subject.

Is 27 a bad IB score? What is a good IB score? A good IB score is subjective and depends on individual goals and aspirations. However, a score of 30 or above is generally considered to be a good IB score. A score of 30 points places a student in the 50th percentile, meaning they performed better than 50% of all IB candidates worldwide.

What IB score do you need for Ivy League? Unlike their UK counterparts, US universities don't release official cut-off scores for the IB Diploma. Based on what the Oxbridge universities in the UK expect from IB applicants, an overall grade of 38+ would be well received by the Ivy Leagues. For the more selective universities, you're looking at around 40+.

What IB score does Harvard want? Harvard University's IB score range is 39-44. While a high score can enhance your application, Harvard also looks for students who can contribute to their diverse community in unique ways.

Is IB business difficult? Conclusion: Since the IB curriculum is extensive and rigorous, achieving a 7 in IB Business is undoubtedly challenging. Also, the multifaceted nature of the course and the high standards set by the IB program make it overwhelming.

Is IB economics or business better? IB Business focuses more on analysis, writing style, and case studies. For students applying for Mathematical and Economics related subjects, going for IB Economics may be more appropriate in showing your interests and strengths in graphical and Mathematical skills.

What are the 4 functions of business IB? Analyse the main business functions: human resources, finance and accounts, marketing and operations. Explain the nature of business activity in the primary, secondary, tertiary and quaternary sectors.

Is IB Year 1 or 2 harder? IB Year 1 vs IB Year 2 Year 2 of IB is relatively more challenging as you have multiple submissions, final exams, and CAS reflections.

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Most students pick up their socks in the first year and finish what they can to have a less hectic second year.

Can you pass the IB with a 2? Conditions for achieving the diploma The candidate has achieved at least 24 total points. A grade has been awarded in all subjects, TOK and the EE. A grade of at least a 2 has been awarded in all subjects. There are no more than two grade 2s awarded (SL or HL).

How to get a 7 in IB Paper 2? Scoring a 7 in IB English Paper 2 requires thorough preparation, clear and structured writing, and a deep understanding of the texts. By following these strategies and dedicating time to practice, you can achieve top marks and excel in your literary analysis.

Is 70% a 6 in IB? 6 was awarded for 57-70 points in 2022 and 64-76 in 2023, and so on. Hence, we can't objectively compare 2023 IB results with recent years.

Is 37 a bad IB score? Generally, an IB score of 38 and above is considered equivalent to AAA* at A-Level, which is often the requirement for entry into top-tier universities. A score of 34-37 in the IB is roughly equivalent to AAA at A-Level, and so forth. These comparisons are approximations and can vary by subject and university.

Is 5 out of 7 good in IB? IB grades are typically equivalent to certain numerical scores for academic purposes: A grade of 7 is equivalent to an A+ or 97-100% A grade of 6 is equivalent to an A or 93-96% A grade of 5 is equivalent to a B or 85-92%

Is IB harder than ap? Some students argue that IB is more challenging because of the emphasis on critical thinking and the more application-focused evaluations. However, both IB and AP classes are considered college-level courses that many students find challenging.

Is 32 a good IB score? A total score in the 40s will make you a more competitive candidate academically (note: a lot of non-academic factors are at play), but a 38+ is considered a good IB score. If you're aiming for the Ivies, you certainly don't want to be dipping below the 36 mark.

Do colleges really care about IB? US colleges love good grades, but what they love even more is to see that you've pushed yourself to get them. Universities appreciate the IB's rigour and they know it takes hard work and dedication to perform well, particularly in Higher Level (HL) subjects.

How to answer 6 markers in business IB? For a 6 marker, you should be developing 2 distinct points, totalling 4 marks, and then providing a well reasoned evaluation as a conclusion for the last 2 marks. For the two distinct points, it is important to read the question carefully as it may not be simply a point for and against a certain topic.

How to answer business exam questions?

How to write a 10 marker in IB business? Assume that on a Paper 2 of the IB exam, you get a 10 mark question that says, "Discuss whether the company should continue producing X." In order to get 10 marks, you will need to evaluate at least two reasons for continuing production of X, and two reasons against, and come to a conclusion that flows directly from ...

How can I pass the IB exam? Take advantage of online resources such as IB-approved textbooks, revision websites, and YouTube channels to supplement your learning and gain a deeper understanding of difficult topics. Don't forget to take breaks and prioritize self-care, especially during the stressful exam season.

What is the grammar structure of Khmer? Khmer has a Subject-Verb-Object (SVO) as it's most common sentence structure, though there is some flexibility in Khmer. Once the subject of a sentence is established, it is acceptable to drop the subject from a sentence.

Is Khmer grammar hard? Foreigners make some mistakes when speaking Khmer, but for the most part, the grammar is easy compared to English. Some Khmer words are ordered different than English and the student will try to translate exactly, instead of remember the different rules of the Cambodian language.

What is the grammar in Cambodian? Khmer is generally a subject-verb-object (SVO) language. Topicalization is common: the topic of the sentence is often placed at the start, with the rest of the sentence a comment on that topic. Like in English, FASTING THE INTERMITTENT FASTING BIBLE INTERMITTENT FASTING FLEXIBLE DIET CAR

prepositions are used rather than postpositions (words meaning "in", "on", etc.

What is the grammar of the English language? English grammar is the set of structural rules of the English language. This includes the structure of words, phrases, clauses, sentences, and whole texts.

What is basic grammar structure? In English, our sentences usually operate using a similar pattern: subject, verb, then object. The nice part about this type of structure is that it lets your reader easily know who is doing the action and what the outcome of the action is. A subject performs the action in a sentence.

Does Khmer have tenses? In Cambodian, verbs are not conjugated to indicate past or future. Time expressions such as M's?l-menh "Yesterday" and S'aek "Tomorrow" are used to indicate tenses. Another way to express past or future tense is to add "Mun" or "Kraoy".

Is Khmer harder than Chinese? Khmer is a truly difficult language for Westerners to learn, harder than Mandarin to speak, and harder than anything other than Chinese or Japanese to read. There are several difficulties. First, many of the vowel sounds are unlike anything in a European language and are only subtly different from one another.

Is Indonesian grammar difficult? Bahasa Indonesia is relatively easy to learn because of its simple grammar rules, particularly with regards to verb tenses – or the lack of it. Unlike Indonesian, which uses the same verb for past, present and future situations, English has 16 different tenses!

What language is similar to Khmer? Khmer is a member of the Austroasiatic language family, the autochthonous family in an area that stretches from the Malay Peninsula through Southeast Asia to East India. Austroasiatic, which also includes Mon, Vietnamese and Munda, has been studied since 1856 and was first proposed as a language family in 1907.

What is Cambodia for hello?

Is it Khmer or khmai? The name "Khmai" came from their language "Khmer" combined with "Mai" which means mother. Two things that are close to home, closest to heart. As they continue their cooking, her mother is slowly healing from

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post-traumatic syndrome.

Is Khmer an old language? Khmer language The language has been written since the early 7th century using a script originating in South India. The language used in the ancient Khmer empire and in Angkor, its capital, was Old Khmer, which is a direct ancestor of modern Khmer.

What are the 12 basic rules of grammar?

What are the 7 types of grammar?

How do I improve my grammar?

What is the basic grammar format? What are the basic rules of grammar? Some basic rules of grammar include ensuring all sentences have a subject and a verb; placing adjectives directly before the noun they describe, or after it if separated by a verb; and using a comma to connect two ideas.

How do you teach basic grammar?

How do you explain basic English grammar?

Is Khmer a hard language? Learning a new language like Khmer can be frustrating and daunting, especially if you are not familiar with the writing system, Khmer alphabet, pronunciation, grammar structure, vocabulary, and more.

Is Khmer a rare language? While the Khmer language is considered rare, we work with it on a semi-regular basis in the translation work we do for varying clients around the United States.

How many consonants are in Khmer? Originally there were 35 consonant characters, but modern Khmer uses only 33. Each character represents a consonant sound together with an inherent vowel, either â or ô; in many cases, in the absence of another vowel mark, the inherent vowel is to be pronounced after the consonant.

Is the Khmer language dying? Khmer is used every day by most of the people of Cambodia. It is not an endangered language.

Do Thai people speak Khmer? Khmer fell out of use. Both Thai and Khmer descendants whose great-grand parents or earlier ancestors were bilingual came to use only Thai. In the process of language shift, an abundance of Khmer elements were transferred into Thai and permeated all aspects of the language.

Are Khmer people friendly? Cambodians are friendly, but you should be wary if a Cambodian or other foreign national befriends you quickly and invites you to their home or hotel to meet their family.

What is the structure of language grammar? Five major components of the structure of language are phonemes, morphemes, lexemes, syntax, and context. These pieces all work together to create meaningful communication among individuals.

What is Cambodia's structure? Cambodia is a constitutional monarchy with an elected parliamentary form of government. In the most recent national elections, held in 2008, the Cambodian People's Party (CPP) won 90 of 123 National Assembly seats.

What is the traditional grammar structure? Although systems vary somewhat, typically traditional grammars name eight parts of speech: nouns, pronouns, adjectives, verbs, adverbs, prepositions, conjunctions, and interjections. These groupings are based on categories of function and meaning in Latin and other Indo-European languages.

What was the social structure of Khmer? Royalty and soldiers ruled the highest class, with farmers and artisans in the middle, while slaves were present at the very bottom levels of society. Khmer kings were considered to be divine rulers; much of the Khmer Empire's architecture was built in dedication to their rulers (and subsequently their gods).

How is English grammar structured? The most common word order in English sentences is Subject-Verb-Object (SVO). When reading a sentence, we generally expect the first noun to be the subject and the second noun to be the object. This expectation (which isn't always fulfilled) is known in linguistics as the "canonical sentence strategy."

What are the rules of grammar?

What is structural formula of grammar? Structural formula: Subject + helping verb (have/has) + been + verb (ing) + object (optional) + since / for + time duration + object. Examples: I have been learning English for many years.

What is the language system in Cambodia? Most of the population in Cambodia speaks the Khmer language, the country's official language. Others include Vietnamese, Lao, Chinese, Thai, English and etc., reflecting such cross-border migration from neighboring countries and international migration from other foreign countries.

Are Khmer and Cambodian the same? Khmer, also known as Cambodian, is the language of the Khmer people and the official language of the Kingdom of Cambodia.

What is the Cambodian class system? This classification divided Cambodian society into three broad categories: royalty and nobility, clergy, and laity. The Khmer language had—and to a lesser extent still has—partially different lexicons for each of these groups.

What is basic grammar structures? The subject and predicate make up the two basic structural parts of any complete sentence. In addition, there are other elements, contained within the subject or predicate, that add meaning or detail. These elements include the direct object, indirect object, and subject complement.

What is structure in grammar? Sentence structure is the order of all the parts in a sentence: subject, predicate, objects, phrases, punctuation, etc. It deals a lot with independent and dependent clauses and how they combine (explained below), the placement of words and phrases next to what they modify, as well as the use of proper grammar.

What is structural grammar in English? Structural Grammar: It focuses on generating sentences based on a set of rules, aiming to uncover the underlying structures of language. Reflects Natural Usage: Structural grammar seeks to capture the way people naturally use language. It's more adaptable to changes in language over time.

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Is Cambodia older than Thailand? As a distinct civilization, Cambodia is much older, descending as it does from the Khmer Empire which controlled all of modern Thailand and more.

What is Khmer culture? Khmer culture is very hierarchical. The greater a person's age, the greater the level of respect that must be granted to them. Cambodians are addressed with a hierarchical title corresponding to their seniority before the name.

What is the hierarchy in Cambodia? Common hierarchical guidelines are that parents are superior to children, teachers to students and managers to subordinates. You will also see the value placed on hierarchy in the way that monks walk – they do so in rank order, the most senior in front and the most junior at the rear.

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