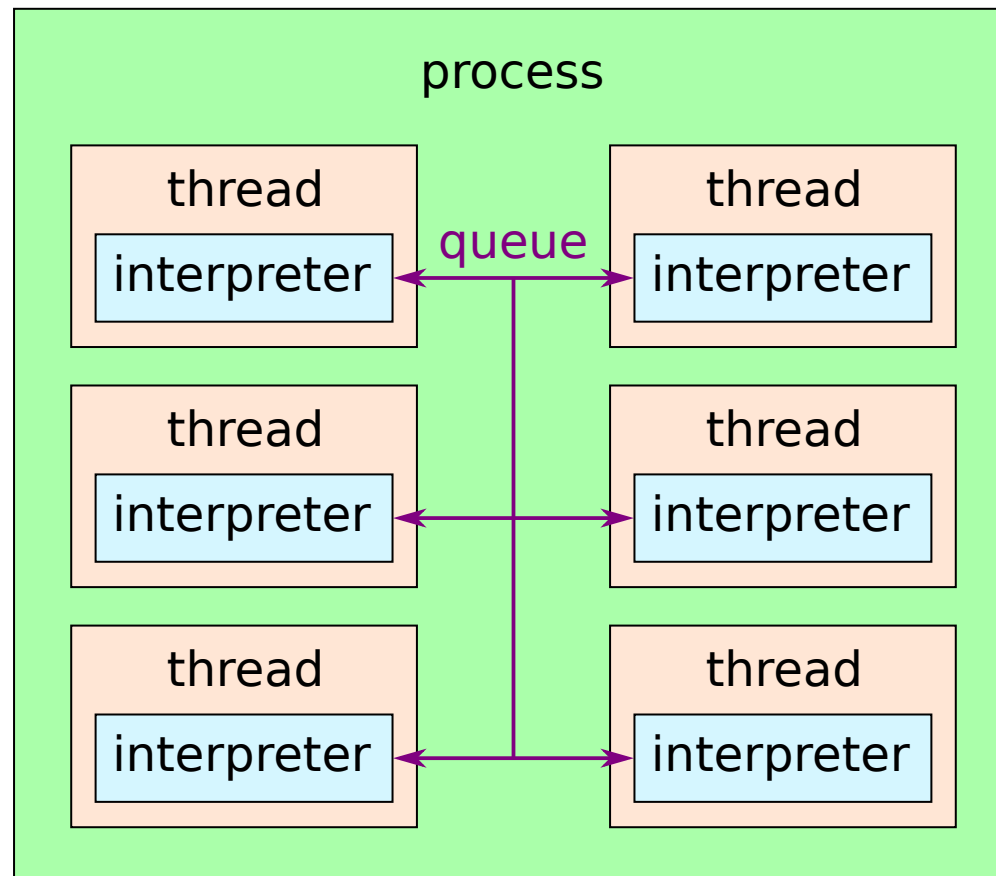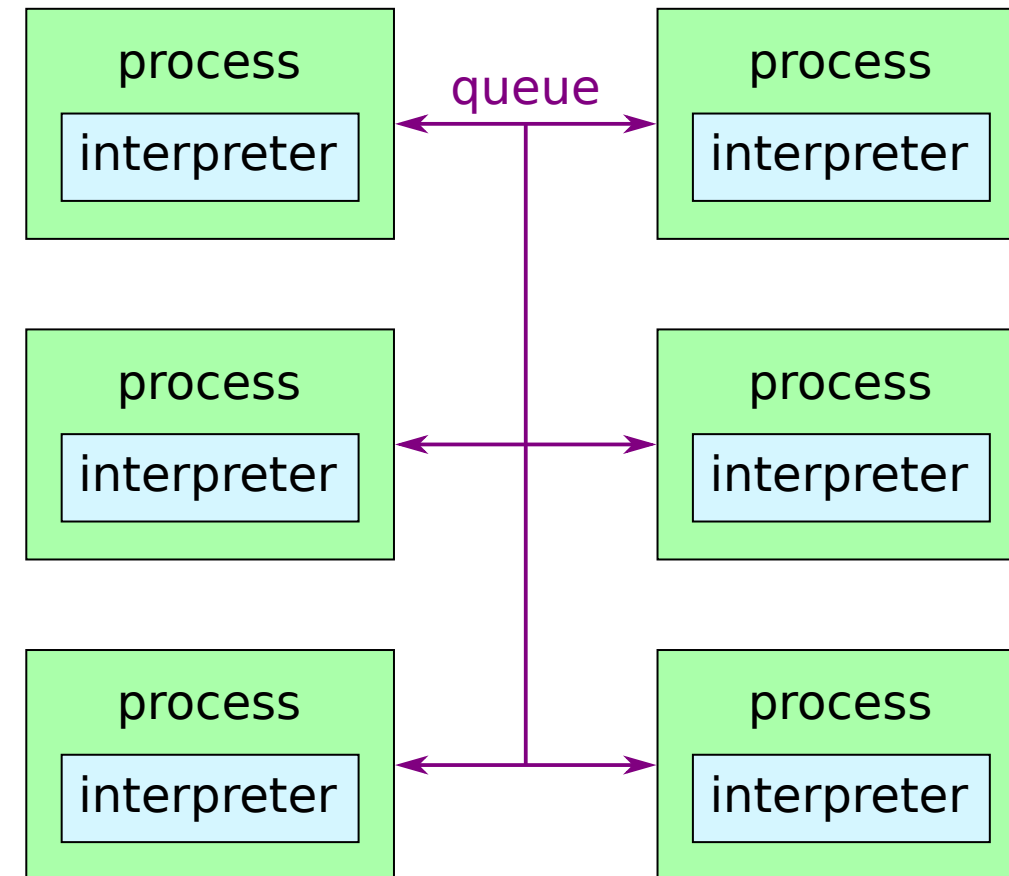**multithreading**
all threads can see each other's data
one shared GC & GIL

multiple interpreters
each interpreter has its own GC & GIL
looks like one process to the OS
can share array buffers, but not PyObjects

multiprocessing
multiple OS processes
can't share anything without serializing
(or using OS-specific SharedMemory)