Paraphrasing

<https://www.youtube.com/watch?v=yzEZ4uwf-vo>

<https://www.youtube.com/watch?v=njYsDy72Ba8>

<https://www.youtube.com/watch?v=h1UNyyNdym8>

<https://www.youtube.com/watch?v=Dc3ZOwPIqnE>