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some of the most common paraphrasing techniques include using synonyms changing the part of speech rearranging the sentence structure and adding or removing content these techniques can also be used together to help set apart your paraphrase

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use cognitive behavioral therapy to feel happier calmer and more confident use mindfulness based cognitive therapy to overcome your negative emotions cultivate mindfulness to live a more balanced life accept self critical thoughts to move forward on the path to healing

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rephrasing focuses on changing the structure or choice of words in a sentence to enhance clarity or impact while keeping the original message the same rewriting a sentence involves using synonyms adjusting the tone or introducing new insights

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change definition to make the form nature content future course etc of something different from what it is or from what it would be if left alone see examples of change used in a sentence

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paraphrasing a source involves changing the wording while preserving the original meaning paraphrasing is an alternative to quoting copying someone s exact words and putting them in quotation marks in academic writing it s usually better to integrate sources by paraphrasing instead of quoting it shows that you have understood the

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