

**GRADE 9 MATHEMATICS
NOVEMBER EXAMINATION PAPER 1**

QUESTION 1

Choose and write the correct letter on your answer sheet.

- 1.1 The constant value in the expression $2x^2 + 3x + 2$ is _____ (3)

A 3
B 2
C 4
D 1

- 1.2 How many terms are in the expression $2x^2 + 3x + 2$? _____ (3)

A 1
B 2
C 3
D 4

- 1.3 Determine the following two terms in the sequence: _____ (3)

A 48; 56
B 48; 57
C 47; 56
D 47; 57

- 1.4 Prime numbers that lie between 8 and 22: _____ (3)

A 11, 13, 17, 19, 23
B 11, 17, 19, 23
C 11, 13, 17, 19
D 11, 17, 19, 23

- 1.5 $\sqrt{324}$ is _____ (3)

A 18
B 74
C 18 and 74
D 18

- 1.6 If $x = 2$, the value of $3x^2 + 4x$ would be: _____ (3)

A 10
B 12
C 14
D 16

6 x 1 = 6

QUESTION 2: WHOLE NUMBERS & INTEGERS

- 2.1 Write 345:15 in it's simplest form. _____ (2)

- 2.2 If 10 contractors can build a house in 10 days. How many contractors, working at the same rate, will be needed to build the house in 4 days? _____ (3)

- 2.3 John drove 620km in 5 and a half hours. Calculate his average speed. _____ (3)

- 2.4 Write the number 48 as a product of its prime factors. Write the prime factors in exponential form. _____ (4)

- 2.5 Calculate the following:

2.5.1 $2 \times 10^3 + 3 \times 10^2$ _____ (3)
2.5.2 $2 \times 10^3 + 3 \times 10^2$ _____ (3)
[16]

QUESTION 3: EXPONENTS

- 3.1 $5^2 \times \sqrt{5} + 5^2$ _____ (2)

- 3.2 $5^2 \times 5^3$ _____ (2)

- 3.3 $\frac{5^2}{5^3}$ _____ (3)

- 3.4 $\sqrt{5^2} \times 5^3$ _____ (3)
[10]

Mathematics For Gr 9 November 2014

M Planty



Mathematics For Gr 9 November 2014:

Ignite the flame of optimism with Crafted by is motivational masterpiece, Fuel Your Spirit with **Mathematics For Gr 9 November 2014** . In a downloadable PDF format (*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

https://staging.conocer.cide.edu/files/browse/fetch.php/Historia_Intelectual_Del_Siglo_Xx.pdf

Table of Contents Mathematics For Gr 9 November 2014

1. Understanding the eBook Mathematics For Gr 9 November 2014
 - The Rise of Digital Reading Mathematics For Gr 9 November 2014
 - Advantages of eBooks Over Traditional Books
2. Identifying Mathematics For Gr 9 November 2014
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Mathematics For Gr 9 November 2014
 - User-Friendly Interface
4. Exploring eBook Recommendations from Mathematics For Gr 9 November 2014
 - Personalized Recommendations
 - Mathematics For Gr 9 November 2014 User Reviews and Ratings
 - Mathematics For Gr 9 November 2014 and Bestseller Lists
5. Accessing Mathematics For Gr 9 November 2014 Free and Paid eBooks
 - Mathematics For Gr 9 November 2014 Public Domain eBooks
 - Mathematics For Gr 9 November 2014 eBook Subscription Services
 - Mathematics For Gr 9 November 2014 Budget-Friendly Options
6. Navigating Mathematics For Gr 9 November 2014 eBook Formats

- ePub, PDF, MOBI, and More
- Mathematics For Gr 9 November 2014 Compatibility with Devices
- Mathematics For Gr 9 November 2014 Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Mathematics For Gr 9 November 2014
 - Highlighting and Note-Taking Mathematics For Gr 9 November 2014
 - Interactive Elements Mathematics For Gr 9 November 2014
- 8. Staying Engaged with Mathematics For Gr 9 November 2014
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Mathematics For Gr 9 November 2014
- 9. Balancing eBooks and Physical Books Mathematics For Gr 9 November 2014
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Mathematics For Gr 9 November 2014
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Mathematics For Gr 9 November 2014
 - Setting Reading Goals Mathematics For Gr 9 November 2014
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Mathematics For Gr 9 November 2014
 - Fact-Checking eBook Content of Mathematics For Gr 9 November 2014
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

Mathematics For Gr 9 November 2014 Introduction

In this digital age, the convenience of accessing information at our fingertips has become a necessity. Whether its research papers, eBooks, or user manuals, PDF files have become the preferred format for sharing and reading documents. However, the cost associated with purchasing PDF files can sometimes be a barrier for many individuals and organizations. Thankfully, there are numerous websites and platforms that allow users to download free PDF files legally. In this article, we will explore some of the best platforms to download free PDFs. One of the most popular platforms to download free PDF files is Project Gutenberg. This online library offers over 60,000 free eBooks that are in the public domain. From classic literature to historical documents, Project Gutenberg provides a wide range of PDF files that can be downloaded and enjoyed on various devices. The website is user-friendly and allows users to search for specific titles or browse through different categories. Another reliable platform for downloading Mathematics For Gr 9 November 2014 free PDF files is Open Library. With its vast collection of over 1 million eBooks, Open Library has something for every reader. The website offers a seamless experience by providing options to borrow or download PDF files. Users simply need to create a free account to access this treasure trove of knowledge. Open Library also allows users to contribute by uploading and sharing their own PDF files, making it a collaborative platform for book enthusiasts. For those interested in academic resources, there are websites dedicated to providing free PDFs of research papers and scientific articles. One such website is Academia.edu, which allows researchers and scholars to share their work with a global audience. Users can download PDF files of research papers, theses, and dissertations covering a wide range of subjects. Academia.edu also provides a platform for discussions and networking within the academic community. When it comes to downloading Mathematics For Gr 9 November 2014 free PDF files of magazines, brochures, and catalogs, Issuu is a popular choice. This digital publishing platform hosts a vast collection of publications from around the world. Users can search for specific titles or explore various categories and genres. Issuu offers a seamless reading experience with its user-friendly interface and allows users to download PDF files for offline reading. Apart from dedicated platforms, search engines also play a crucial role in finding free PDF files. Google, for instance, has an advanced search feature that allows users to filter results by file type. By specifying the file type as "PDF," users can find websites that offer free PDF downloads on a specific topic. While downloading Mathematics For Gr 9 November 2014 free PDF files is convenient, its important to note that copyright laws must be respected. Always ensure that the PDF files you download are legally available for free. Many authors and publishers voluntarily provide free PDF versions of their work, but its essential to be cautious and verify the authenticity of the source before downloading Mathematics For Gr 9 November 2014. In conclusion, the internet offers numerous platforms and websites that allow users to download free PDF files legally. Whether its classic literature, research papers, or magazines, there is something for everyone. The platforms mentioned in this article, such as Project Gutenberg, Open Library, Academia.edu, and Issuu, provide access to a vast collection of PDF files. However,

users should always be cautious and verify the legality of the source before downloading Mathematics For Gr 9 November 2014 any PDF files. With these platforms, the world of PDF downloads is just a click away.

FAQs About Mathematics For Gr 9 November 2014 Books

1. Where can I buy Mathematics For Gr 9 November 2014 books? Bookstores: Physical bookstores like Barnes & Noble, Waterstones, and independent local stores. Online Retailers: Amazon, Book Depository, and various online bookstores offer a wide range of books in physical and digital formats.
2. What are the different book formats available? Hardcover: Sturdy and durable, usually more expensive. Paperback: Cheaper, lighter, and more portable than hardcovers. E-books: Digital books available for e-readers like Kindle or software like Apple Books, Kindle, and Google Play Books.
3. How do I choose a Mathematics For Gr 9 November 2014 book to read? Genres: Consider the genre you enjoy (fiction, non-fiction, mystery, sci-fi, etc.). Recommendations: Ask friends, join book clubs, or explore online reviews and recommendations. Author: If you like a particular author, you might enjoy more of their work.
4. How do I take care of Mathematics For Gr 9 November 2014 books? Storage: Keep them away from direct sunlight and in a dry environment. Handling: Avoid folding pages, use bookmarks, and handle them with clean hands. Cleaning: Gently dust the covers and pages occasionally.
5. Can I borrow books without buying them? Public Libraries: Local libraries offer a wide range of books for borrowing. Book Swaps: Community book exchanges or online platforms where people exchange books.
6. How can I track my reading progress or manage my book collection? Book Tracking Apps: Goodreads, LibraryThing, and Book Catalogue are popular apps for tracking your reading progress and managing book collections. Spreadsheets: You can create your own spreadsheet to track books read, ratings, and other details.
7. What are Mathematics For Gr 9 November 2014 audiobooks, and where can I find them? Audiobooks: Audio recordings of books, perfect for listening while commuting or multitasking. Platforms: Audible, LibriVox, and Google Play Books offer a wide selection of audiobooks.
8. How do I support authors or the book industry? Buy Books: Purchase books from authors or independent bookstores. Reviews: Leave reviews on platforms like Goodreads or Amazon. Promotion: Share your favorite books on social media or recommend them to friends.
9. Are there book clubs or reading communities I can join? Local Clubs: Check for local book clubs in libraries or

community centers. Online Communities: Platforms like Goodreads have virtual book clubs and discussion groups.

10. Can I read Mathematics For Gr 9 November 2014 books for free? Public Domain Books: Many classic books are available for free as they're in the public domain. Free E-books: Some websites offer free e-books legally, like Project Gutenberg or Open Library.

Find Mathematics For Gr 9 November 2014 :

historia intelectual del siglo xx

hire a hangman

historic abominations

hippos hiccups a play

histoire de france

hilberts program an ebay on mathematical instrumentalism

~~hill farms padi fields~~

historic architecture of county durham

histoires dextraterrestres

hill stories from the southern pacific r

~~historic jesus and the mythical christ b~~

his secret duchess

~~his mysterious ways~~

historia del tango la

hill of devi

Mathematics For Gr 9 November 2014 :

the 2019 guide to pricing your photography englis pdf - Jun 30 2022

web 2 the 2019 guide to pricing your photography englis 2023 01 22 degree where it could serve as the main texts in a course on pricing or as a supplement to as standard marketing textbook evolution of apa regime walter de gruyter gmbh co kg the data inside this book gives you total

the 2019 guide to pricing your photography englis copy - Nov 04 2022

web the 2019 guide to pricing your photography englis 5 5 levels of entertainment to consumers everywhere providing the

richest most abundant aggregate of motion pictures and cinematic television the world has ever seen behind the facade however things are not as pleasant a very costly

singapore photography rates 2018 2019 - Apr 09 2023

web feb 27 2019 not too sure how you should be charging for your photography services here s a pricing guide as compiled from a survey of singapore s professional photographers

the 2019 guide to pricing your photography goodreads - May 10 2023

web read 8 reviews from the world s largest community for readers the 2019 guide to pricing your photography will help you determine what your cost of doing b

download pdf the 2019 guide to pricing your photography - Dec 05 2022

web set aside an length of time for investigation and this way you will be much less distracted by very things you uncover on the internet since your time and energy might be limited the 2019 guide to pricing your photography prior to now i have under no circumstances had a passion about reading through textbooks the 2019 guide to pricing your

the 2019 guide to pricing your photography englis 2023 - Jul 12 2023

web 2 the 2019 guide to pricing your photography englis 2021 12 26 governments 20 of all corporate tax revenues it is thus imperative that all tax professionals

the 2019 guide to pricing your photography youtube - Feb 07 2023

web in this video i introduce my book the 2019 guide to pricing your photography it s available in paperback and for kindle on amazon here amzn to 2s

the 2019 guide to pricing your photography englis pdf - Feb 24 2022

web 4 the 2019 guide to pricing your photography englis 2021 12 15 pricing experts and ideas from other fields such as medical decision making consumer behavior and organizational psychology the book discusses what a good pricing decision is which factors you should consider when making

the 2019 guide to pricing your photography indigo - Jan 06 2023

web oct 15 2018 isbn 9781726885676 buy the book the 2019 guide to pricing your photography by anthony morganti at indigo

the 2019 guide to pricing your photography paperback - Aug 13 2023

web buy the 2019 guide to pricing your photography by morganti anthony isbn 9781726885676 from amazon s book store everyday low prices and free delivery on eligible orders

the 2019 guide to pricing your photography englis copy - Aug 01 2022

web enter the realm of the 2019 guide to pricing your photography englis a mesmerizing literary masterpiece penned with a

distinguished author guiding readers on a profound journey to unravel the secrets and potential hidden within every word

the 2019 guide to pricing your photography paperback - Oct 15 2023

web the 2019 guide to pricing your photography morganti anthony amazon sg books

cost guide how much does wedding photography cost in singapore - May 30 2022

web aug 23 2022 pre wedding photoshoot overseas 5 000 to 8 000 depends on destination actual day wedding photography 10 hours 2 000 to 4 000 actual day wedding videography 10 hours 2 000 to 4 000 wedding live streaming 1 hour 1 000 to 1 500 instagram takeover wedding day

the 2019 guide to pricing your photography kindle edition - Mar 08 2023

web the 2019 guide to pricing your photography ebook morganti anthony amazon co uk books

the 2019 guide to pricing your photography englis pdf mail - Apr 28 2022

web 2 the 2019 guide to pricing your photography englis 2022 03 10 aspect of the most common repair and remodeling projects in a format organized for the way you build from frame to finish

the 2019 guide to pricing your photography amazon com - Sep 14 2023

web oct 15 2018 the 2019 guide to pricing your photography will help you determine what your cost of doing business is give you tips on how to negotiate fees and give you current market prices for twenty 20 different types of professional photography including band photography birthing sessions

photographer s photography fees rates prices in singapore - Oct 03 2022

web you should expect professional photographers to charge around 150 per hour for normal work some can charge 300 hr of course you can even find photographers who are willing to take up 30 hr for wedding photography if budget is your only concern you can save a lot for your wallet i just need one photo why is it so costly

the 2019 guide to pricing your photography englis - Jun 11 2023

web discover the proclamation the 2019 guide to pricing your photography englis that you are looking for it will very squander the time however below considering you visit this web page it will be in view of that enormously easy to get as without difficulty as download lead the 2019 guide to pricing your photography englis

the 2019 guide to pricing your photography englis pdf - Mar 28 2022

web the 2019 guide to pricing your photography englis 1 13 downloaded from uniport edu ng on may 24 2023 by guest the 2019 guide to pricing your photography englis eventually you will totally discover a new experience and success by spending more cash still when get you say yes that you require to get those every needs past having

the 2019 guide to pricing your photography english edition by - Sep 02 2022

web 2019 ocean art contest winners underwater photography guide a prehensive guide to pricing your wedding photography

2019 buying guide best cameras for kids digital the 2019 guide to pricing your photography manti how to start a home based photography business wordpress guide for photographers the ultimate guide 2019 start a [looking at the future landscape of sustainable baggage operations](#) - Mar 31 2022

web mar 4 2020 baggage self service is more complex as a single step process is generally slower than when an agent manages the transaction at least with current baggage labels whilst at iata price has led programmes such as the iata baggage improvement programme which led to an industry wide baggage mishandling reduction of over 50 per *iata baggage standards* - Jul 15 2023

web rp 1741 passenger and baggage conformance services rp 1743a tracing procedures for missing checked baggage rp 1743b tracing unchecked baggage and handling damage to checked and unchecked baggage rp 1743c exchange of information on interline baggage tagging errors rp 1743d baggage theft pilferage *sita sita bag manager* - Jun 02 2022

web sita bag manager tracks the complete journey of the bag from check in to delivery helping ensure that you meet iata resolution 753 requirements it keeps track of when bags change custody between airlines and ground handlers as well as airlines and airports

trusted data will determine the future of baggage handling - Feb 27 2022

web oct 23 2019 airlines and airports are now proactively working together to boost their baggage handling efforts as part of iata s resolution 753 which requires airlines to maintain an accurate inventory of baggage by monitoring the acquisition and delivery of baggage rfid tagging is now 99 98 accurate according to iata

baggage info singapore airlines - Nov 07 2022

web cabin baggage non standard baggage additional baggage delayed or damaged baggage restrictions got a question chat now read about our check in requirements restrictions for different baggage here information on baggage allowance checked baggage cabin baggage more available

iata travel baggage - Sep 17 2023

web travel baggage most bags travel and arrive with owners as planned actually things have improved a lot since ten years baggage mishandling was reduced from 18 88 bags per 1000 passengers to 5 57 between 2007 and 2017 baggage rules are set by airlines and iata plays no role in this activity these rules can vary according to your frequent

iata passenger baggage rules - Aug 16 2023

web iata has guidelines for baggage but the number and weight of baggage allowed free of charge can vary by airline frequent flyer status routing and fare to avoid additional costs please check with your airline before you travel so that you are fully aware of the checked baggage allowance included with your airfare

sita worldtracer - Jul 03 2022

web worldtracer is the world's only fully global baggage tracing and matching system. It provides a single standardized solution for reporting and repatriating mishandled bags. Developed in cooperation with IATA, it allows customers to locate their lost baggage anywhere in the world supported by SITA Global Services.

achieving a seamless baggage service airlines - May 01 2022

web tuesday 16th May 2023 how to improve baggage handling was the theme of a key panel session at IATA's ground handling conference. Mishandling baggage still costs the industry billions of dollars annually and there were some 26 million mishandled bags in 2022 when the industry carried 3.42 billion passengers.

IATA baggage services strategic partnerships program - May 13 2023

web baggage services strategic partnerships summary baggage services is a key area in aviation ground operations. A minor malfunction with the baggage handling system can have the potential to disrupt the whole passenger experience and extend the aircraft turnaround time by slowing or stopping the passenger flow.

why airlines want to make it easier for you to pay for flights - Sep 24 2021

web 1 day ago IATA pay is also an advantage for airlines since they can save up to 99% of payment processing fees and get payment settlement sooner. Seeing this advantage clearly, Emirates adopted IATA pay in 2021.

baggage airlines IATA - Jan 09 2023

web achieving a seamless baggage service tuesday 16th May 2023 how to improve baggage handling was the theme of a key panel session at IATA's ground handling conference.

flight information checked baggage EVA Air Singapore - Oct 06 2022

web according to the IATA's regulations, it is not necessary for airlines to provide baggage check-in services to a passenger's final destination when he/she is holding separate tickets. If there are 2 separate tickets, then there are 2 separate contracts of carriage.

IATA baggage handling services and systems classroom - Jun 14 2023

web learn to recognize baggage handling problems at the source and enhance your service efficiency by incorporating improved processes, infrastructure, and service management in your organization. Analyze the various airline service models and how to apply them to check-in, ramp, and baggage claim procedures.

IATA baggage services - Oct 18 2023

web baggage handling services and systems learn to recognize baggage handling problems at the source and enhance your service efficiency by incorporating improved processes, infrastructure, and service management in your organization.

lounge and baggage services Singapore Changi Airport - Mar 11 2023

web find out where to get some rest and help with baggage discover changi s hotel services pay per use lounge and baggage services all nippon airways etihad airways indigo airways and singapore airlines flights to maldives and nepal now operate from terminal 2

iata baggage tracking - Feb 10 2023

web baggage tracking implementation guide to secure support from all stakeholders in the baggage journey such as airports and ground handlers iata has joined forces with a4a and airport council international aci world this collaboration has led to the development of the baggage tracking implementation guide

iata air cargo demand up 1 9 in september sustaining - Oct 26 2021

web nov 8 2023 geneva the international air transport association iata released data for september 2023 global air cargo markets showing continuing demand recovery global demand measured in cargo tonne kilometers ctk increased by 1 9 compared to september 2022 levels 6 for international operations capacity measured in

baggage allowance singapore airlines - Sep 05 2022

web baggage allowance when you fly there are limits to the weight and or number of pieces of baggage you can check in or carry on board certain limitations and restrictions also apply and these may differ by country and airline your check in and cabin baggage may also be subjected to security measures mandated by the relevant authorities

fast check in singapore changi airport - Dec 08 2022

web first collect your boarding pass and print your bag tag s at the automated check in kiosks you may then proceed to immigration if you do not require document checks and have no check in bags this option is available to

iata s keeping baggage on track - Jan 29 2022

web oct 16 2015 iata s keeping baggage on track in june 2013 there were several new resolutions for baggage that appeared in the iata passenger services conference resolution manual one is a brief text that describes baggage tracking but it is set to make big changes in the industry resolution 753 packs a lot into a small space

iata manuals 1 source for transporting air cargo - Aug 04 2022

web baggage reference manual brm 6th edition effective as of june 2022 the brm contains the latest best practices in baggage operations and policy by applying these baggage operations will help to reduce in the number of mishandled bags and related costs as well as increase customer satisfaction in baggage handling learn more

iata baggage reference manual brm - Apr 12 2023

web the brm contains the latest best practices in baggage operations and policy by applying these baggage operations will help to reduce in the number of mishandled bags and related costs as well as increase customer satisfaction in baggage handling

product list iata international air transport association - Nov 26 2021

web search results cargo passenger airport civil aviation travel tourism 14 items contain the word s baggage sort by *baggage management behind the scenes airlines* - Dec 28 2021

web sep 30 2010 david mcewen manager passenger interline standards iata says one of the most obvious difficulties is interlining baggage it has become increasingly complex as baggage policies and charges change at airlines around the world rules can be dependent on routing class of travel and frequent flyer status

ló wiktionary the free dictionary - Aug 03 2023

web aug 31 2023 ló f genitive singular lóar nominative plural lær pill bobble small defect on woollen clothing nap pile of cloth or wool fine hair down synonym hýjungur shoots new plants synonyms nýgræðingur gróðurnál dustball

lo english meaning cambridge dictionary - Sep 04 2023

web lo definition 1 used to tell people to pay attention and look at something interesting 2 used to tell people to learn more

how to use the spanish lo everything you need to know - Jan 28 2023

web oct 21 2023 what to remember about the spanish lo when functioning as a pronoun lo will precede the verb except when the verb is an infinitive a present participle or a positive imperative lo quiero i want it him quiero is not an infinitive present participle or positive imperative so lo goes before it no puedo comprarlo i cannot buy it

a ti ɕetán láti dá 150m tí abacha jí kó padà fún nàìjíríà Ìjòba - Dec 27 2022

web 2 days ago agbēnusọ aarẹ tinubu ajuri ngelale lo fi ọrọ naa lede ninu atẹjade kan ngelale ni aarẹ bola tinubu ti kan sara si ijoba france fun igbese lati da owo naa pada fun naijiria

lo and behold english meaning cambridge dictionary - Jun 01 2023

web lo and behold definition 1 something that you say when you tell someone about something surprising that happened 2 learn more

nadie sabe lo que va a pasar mañana wikipedia - Feb 26 2023

web nadie sabe lo que va a pasar mañana transl nobody knows what is going to happen tomorrow is the fifth solo studio album sixth overall by puerto rican rapper and singer bad bunny it was released on october 13 2023 through rimas following the release of his previous record un verano sin ti 2022 it features guest appearances from arcángel

omah lay lo lo official video youtube - Apr 30 2023

web jul 7 2020 listen to lolo directed by dammy twitchfollow omah lay instagram instagram com omah laytwitter twitter com omah laymusic video by omah

lo definition meaning merriam webster - Oct 05 2023

web the meaning of lo is used to call attention or to express wonder or surprise how to use lo in a sentence

learn how to use lo in spanish thoughtco - Mar 30 2023

web feb 3 2020 by gerald erichsen updated on february 03 2020 lo is one of those spanish words that doesn't always have a clear definition and it can function in at least four different ways as a subject pronoun object pronoun definite article or part of a phrase

j lo says ben affleck makes her feel more beautiful than her - Jul 02 2023

web nov 3 2023 j lo gushes about ben affleck making her feel more beautiful than she's ever felt with someone else ben wants me to understand my worth and know my value by mehera bonner published nov 3 2023