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the meaning of technique is the manner in which technical details are treated as by a writer or basic physical movements are used as by a dancer also ability to treat such details or use such

a technique is a particular method of doing an activity usually a method that involves practical skills the techniques of modern agriculture

rather than buying into the fear you can use self help techniques to deal with them

1 the basic method for making or doing something such as an artistic work or scientific procedure learned the techniques involved in painting murals 2 skill or command in a particular activity a

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