

# Jocko Discipline Equals Freedom

**R Bogdan**

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web specifically compare the chromosomes in cells at the end of mitosis vs the end of meiosis i recognizing that the diagram of mitosis tracks just a single pair of homologous chromosomes whereas the diagram of meiosis tracks two pairs of homologous chromosomes one long chromosome and short chromosome

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 mitosis is the phase of the cell cycle where the nucleus of a cell is divided into two nuclei with an equal amount of genetic material in both the daughter nuclei it succeeds the g2 phase and is succeeded by cytoplasmic division after the separation of the nucleus

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web prophase prometaphase the cell prepares for mitosis at this stage the chromosomes are not clearly visible the chromosomes pairs of sister chromatids condense and become visible meanwhile the nucleolus and nuclear envelope disappear the centrioles begin moving to opposite ends of the cell and start forming the mitotic spindle  
 metaphase

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