It says in the description of DLL that it has to remove and add items in constant time. It says that, unlike for SLL, removing an item a constant distance from the end should take constant time. Just to clarify, does this mean that we need to make it so that if the index is closer to the end than the front, it'll walk backwards from the end?

Thanks!

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Yes. You should determine if it would be faster to move forward or backwards and then proceed from there.