



SwaroopYog *Yuva Forum*

India & Abroad

Entertainment | Spirituality | Cultivating Minds

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Hello,

Wish you have a great new year!

10,000-Hour Rule



Regarding quality and quantity of *sadhana*, Gurudev Ranade once quoted ... "Quality might be important than quantity. But better quality is built only through quantity."

We could see a good parallel of this quote in a book *Outliers* by Michael Gladwell. In this book, Gladwell mentions the "10,000-Hour Rule", claiming that the key to success in any field (sports, art, business etc.) is, to a large extent, a matter of practicing a specific task for a total of around 10,000 hours (20 hours of work a week for 10 years).

Reemphasizing his theme, Gladwell continuously reminds the reader that genius is not the only or even the most important thing when determining a person's success.

Quotes

Losers have tons of variety. Champions just take pride in learning to hit the same old boring winning shots.

- Vic Braden (An American author and instructor in the tennis world with over 25 books and videos.)



... Let the Divine reflect in your heart. Best Wishes for the New Year!
(- Photo clicked by Swamiji)

Contributions & Feedback!

Calling all of you to share interesting stuff (pictures, quotes, jokes, videos, poems etc.) with the young minds, through the forum. Please feel free to write to us for your contributions and feedback.

Enjoy! Understand! ... and Enjoy!!

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