What is a High-Quality Programming Code?

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What I think is High-Quality Programming code?
Why do we need to practice it?

"A developer who doesn't care about high-quality code is like an artist, a painter, who doesn't care about color."

"Always code as if the guy who ends up maintaining your code will be a violent psychopath who knows where you live."

"We never seem to have time to do it, but always seem find time to redo it?!"

My thoughts after some lectures taken in Telerik Academy, and some research on uncle google are:

If we use High-Quality code:

1) The code is easier to **read and understand** (even by yourself)
2) The code is easier to **maintain**: test and debug
3) The code is easier to **extend**
4) The code is easier to **upgrade**
5) The code is easier to **troubleshoot**
6) The code is easier to **scale**
7) It is easier to **accommodate change**
8) The code has **less bugs**
9) The code is easier to be automatically **optimized**
10) Programmers need to **invest in future laziness** it will be paid off