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Today I read an essay about how to teach yourself programming. The author critised the trend of programming books which could teach you programming in 24 hours or serval days. On the contrary, he suggested that even innately talented individuals 10,000 hours to get to the highest level. I wholedheartedly agree with him. Researchs show that it at least takes 10 years to have expertise in any of a wide variety of areas such as chess playing, music compositions, sports and so on. In the ten years, repeating the same job doesn’t mean you will be exceptional after 10 years, but doing the things which is difficult for you.