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reaching master level performances in chess is to engage in at least 10 years or 10,000 hours of deliberate practice. Moreover, Ericsson claims that the primary source of individual differences in chess skill is deliberate practice time.

Evidence from a Child Prodigy and Adult Chess Players

articles : JoE_2024_1_1_Chang_Lane

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Anybody at around average intelligence can be good at chess, but when you're talking about the top 100 in the world all those people work hard so the only thing that can differentiate them is genetics. Absolutely.

Can anyone be a Grandmaster? : r/chess - Reddit

reddit : chess : comments : can_anyone_be_a_grandmaster

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Os exerc#237;cios rotacionais realmente ajudam a eliminar a gordura da barriga?

A perda de gordura na regi#227;o abdominal #233; um objetivo comum de fitness, e muitas pessoas acreditam que os exerc#237;cios rotacionais sejam a chave para alcan#231;#225;-lo. Mas, #233; realmente assim? Vamos explorar as evid#234;ncias e desmistificar os fatos.

O que s#227;o exerc#237;cios rotacionais?

Exerc#237;cios rotacionais s#227;o movimentos que envolvem o torso, geralmente ocorrendo em um plano vertical. Eles