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Slow is steady steady is fast

achieve it. Time will pass anyway. â ¢ Earl Nightingale, American motivational speaker and authorWhen I started the integrated training (as described in my new book The Way of the SEAL), I thought I could speed up my development by working more. I tried to feed myself strongly Zen meditation, karate lessons, dozens of books, books, And more physical workout than I was already done. More would do more guickly, I hired. Wrong. This approach has led to frustration and burnout and a pause from the training. It appears that you can't force your development; You can only facilitate it. I understand this now, I encourage you to take a à ¢ â,¬ Å "Slow is a smooth approach". When we slow down things and look for perfect efforts, our body and our mind absorb the most completely concepts and techniques. It guarantees that they are available for us in à ¢ â, ¬ Å "Smooth is fast in shape when we have to act. In seals, we used a similar concept, approaching each training period with a à ¢ â, ¬ Å "Crawl, Walk, Run ... Rhythm. As a child, you have to crawl before walking and walking before running. The crawl phase of training is where you learn fundamental theory and basic skills - this is the route of the gasket. Training The fundamentals will allow you to build a base to move faster and go deeper in training. Without the foundation, you could turn off the track and be unbalanced, or fall completely out of frustration. This phase can take all the time necessary and will depend on your level of ability and time restrictions when you start ... Some of my students spend only a few weeks by raising to speed up the basics while others require up to one year. Embrace your process and have fun learning new abilities. Typically, after a month or two regular training, you will want to take a step forward. Welcome to the phase à ¢ â,¬ å "Walkà ¢ â,¬, where now you feel comfortable with the practices, they are seeing progress, but it is not yet fully integrated and accustomed training. Start developing physical and mental control and emotional resilience to life challenges. Feel the lightness of a simplified life and see the results of the front focus applied to your missions. Start presenting yourself as different ... unusually confident and successful "to others. But the walking phase is full of challenge: some end their education at this point, typically slipping back to their old ways after all excitement And the new one has exhausted. It is important to have a strategy in progress that will help you stay the course. The final phase (or à ¢ â,¬ Å "Run) Stage of development concerns the execution at your peak in a stream of unconscious skills. Remember, mastery in the path of the seal is not a question of working hard until you arrive at a mystical destination where you get to Knight and provides a strategy, tactics, tools and motivation. In the seal's way, we are striving to sail on that journey with increasing awareness and power. Once set times and in the end it comes naturally. This is mastery. Text quota The famous history of Aesop of the race between the turtle Professor Bejan of Duke University published an article in the journal Scientific Reports in 2018 which showed that some of the fastest animals based on land, water or air are actually the slowest if their movements are mediated throughout their lives. It's about being able to be fast when required, which for animals means when they hunt prey or flee from predators. In the speed of the world of investment also counts immensely. Most investors have equity-centric portfolios that are negatively skewed. The gains are slow and steady, but the losses are fast and furious. Since most investors deal poorly with losses, portfolio diversification is essential. One of the popular strategies to diversify traditional portfolios is the Future Managed, which are also called Trend Followers or Commodity Trading Advisors (CTAs). The strategy is to go long or short trend instruments across all asset classes, which results in a diversified portfolio of futures that typically has a low correlation with equities. However, trends can be measured over various time frames. As transaction costs have decreased over time, some managers have started to take advantage of short-term trends. A common argument for this style of trading is that the portfolio adapts more quickly to changing market conditions, which can be highly valuable when stock markets crash. In this research note, we will contrast long-term future strategies managed in the short term from the perspective of diversifying an equity portfolio. Managed futures strategies have a special place within the hedge fund industry, as their managers have stringent reporting requirements from the CFTC and the NFA who have created an excellent database to analyze their long-term performance. It is relatively easy to find the performance of a manager on the internet, which is mostly impossible for other hedge bottom strategies. However, from a popularity perspective, managed future strategies have been losing market share fell to 7% in 2020, which is the lowest in record. record.

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