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## Editorial

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### REVISTA MEXICANA DE NEUROCIENCIA MAY 2018

Dear colleagues,

We live in a time of instant satisfaction. If we want to read a book or listen to music, we can download it in a matter of minutes. Unfortunately, we expect that same kind of speed when it comes to our personal growth. We want it to be easy or fast. That will never happen. So dear friends in the study of Neuroscience this growth takes time requires tenacity, courage and human warmth; but “it is worth the wait.”

However, remember, it is not possible to become a great leader overnight, but you can be a leader day by day. Nowadays, when our Mexican Academy of Neurology has grown both in number and intellectual development, as I would never have imagined, I realize that there are leaders who have advanced the perspectives of young neurologists in the country. However, we must adapt to the new times and challenges that the development of Neurosciences demands.

Therefore, “teamwork” is required, that strive to develop work friendships. Abraham Lincoln said: “If you would win a man to your cause, first convince him that you are a sincere friend.” Good relationships make influence possible, and friendship is the most positive relationship you can develop in employment, with your colleagues. Theodore Roosevelt said: the most important ingredient in the formula of success is knowing how to get along with people. Sometimes you have achievements, but you can “feel a vacuum.”

Friendship is the shelter of sudden storms, and real friends are a haven. So it is necessary to increase our teamwork, become leaders day by day, through the challenges that are pending in the progress of our discipline.

Let’s not be teammates, be friends with those with whom you work. Let’s incorporate the young neurologists into the study groups, let’s make them part of our friends. Let’s achieve values such as loyalty, gratitude, and integrity every day. We also need to visualize our progress, face the challenges but, as a team of friends, it is more comfortable.

Thomas Jefferson said that a candle loses nothing if it lights another candle.

Substantial changes are required in the practice of our professions, such as Insurance, or legal support a result of many unjustified demands to our work, and after this increase, we require to participate as a team to ensure that all of us are protected with life insurance, of unemployment and disability. Let's make sure we deliver the relief for such priorities; that is to say that in teams we will obtain more significant results, a single person does not achieve the same as a team of friends working for a cause.

Remember that everything we know, we learned it from another person. Talent is never enough. Soften your attitude today, learn humility and be willing to learn, and if you do as a team, we will be doing the right thing.

I believe that we should be more active concerning our Mexican Journal of Neurology that, with so much effort, was formed and it is also a continuous effort that reflects our work in our Neurological Care Centers. We must work as a team of friends and share experiences through our Journal.

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Active member of the Mexican Academy Of Neurology

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