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4. Conclusion

Overall, while writing an article from scratch may appear a daunting task for many young researchers, the process can be largely facilitated by good groundwork when preparing your research project, and a systematic approach to the writing,

following these simple guidelines for each section (see summary in Fig. 1). It is worth the effort of taking enough time to prepare your article adequately, because seeing it in publication is a gratifying reward. After all, sharing your knowledge to the benefit of others, contributing to the body of evidence on a specific topic, and capitalizing on your research with print publications are all components that will contribute to the success of your career. So get out your pen and start writing: it is what your work merits!

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Authors' contributions

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