

"When people ask me if I went to film school, I tell them, 'No, I went to films'."

QUENTIN TARANTINO, director



Watch. Feel. Repeat.

Why do we watch some movies repeatedly? Let's find out because January is the best month to begin this annual ritual

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The question isn't whether you have watched 'Lord of the Rings', 'Harry Potter' or 'Andaz Apna Apna', it's more: Do you remember how many times you have watched them?

We talked about going back to familiar feel-good films in December. This month, let's dig a little deeper and find out why most of us can't change a channel if our favourite film or TV series is on - even if we have watched it a few days ago. With streaming services taking over the world, repeat-watch is only going to get a much larger audience. Since the pandemic lockdown began, social media chatter on films have concentrated a lot on bingeing on favourite TV series or movies that we have watched before. With so much new content on OTT platforms releasing on a daily basis, why is repeat-viewing still a favourite among people?

EMOTIONAL PAYOFF

An article on 'thoughtcatalog.com' by January Nelson says, "The driving force behind feeling good about revisiting old movies and TV shows is that you aren't surprised. Maybe you



MOVIES PEOPLE OFTEN RE-WATCH...

- Lord of the Rings
- The Harry Potter series
- The Apu trilogy
- from the 1990s
- Lagaan
- Sholay
- Andaz Apna Apna
- Most David Dhawan comedies
- As Good As It Gets
- Star War series
- Casablanca



pick up some minor details you never noticed before, but for the most part, you are genuinely comforted by the fact that you know what's going to happen before it happens... there's this knowledge that what we're watching is not going to disappoint us or be a waste of our time. We know what's going to happen. It's a huge emotional payoff for us."

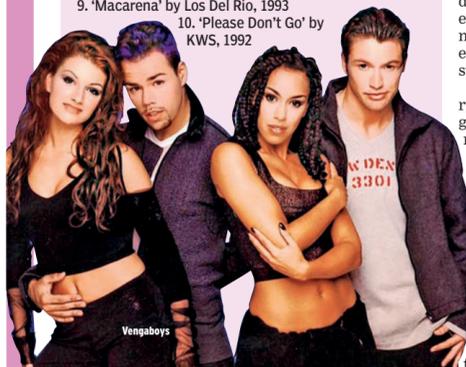
Emotional payoffs have acquired a whole new meaning last year. Without our friends, colleagues, familiar office surroundings, we have all lost our bearings quite a bit. In such a scenario, we want to go back to 'Home Alone' or 'Dil Chahta Hai' far more than anything on our screen that may have a surprise factor. Student Sohini Sen says she has watched the 'Harry Potter' series at least five to six times. "But every year, when I'm re-watching it, it's like beginning the whole journey again and I get very excited about it even though I know the ending. It's that journey, that familiar journey - from innocence to hard times to darkness to light again - that I love so much. The films make me believe that though I'll go through some bad times, I'll emerge out of it, victorious."

In our times, emerging out in itself is victory. To put it very simply, we re-watch films for the same reason we listen to a song innumerable times. We love that song. We love that movie. Nothing in our lives need to be more complicated than that as of now. So, if you have never binged your favourite film, the right time to do it would be now.

10 BIGGEST 90S CLUB HITS

The 1990s was the last decade when people danced away to glory to club songs with mostly one-song-wonders or one-album-famous pop groups. Here are the 10 best numbers that rocked the dance floors all over the world.

- 'What Is Love' by Haddaway, 1993
- 'Rhythm Is A Dancer' by Snap!, 1994
- 'Be My Lover', La Bouche, 1990
- 'All That She Wants' by Ace of Base, 1992
- 'Barbie Girl' by Aqua, 1997
- 'Good Vibrations' by Marky Mark and the Funky Bunch, 1991
- 'We Like To Party' by Vengaboys, 1991
- 'Hey Mr DJ' by Zhane, 1994
- 'Macarena' by Los Del Rio, 1993
- 'Please Don't Go' by KWS, 1992



The story of Love Story's success

The year was 1970. No one quite expected it. But the whole world walked with Kleenex in their bags as 'Love Story', Erich Segal's phenomenal story of Oliver and Jenny's young love literally tore through the hearts of millions. Critics scoffed. Intellectuals gave their verdicts from their ivory towers calling it "sappy". But no one could take the power away from this simple story of love and loss.

To this generation, the story may seem old. Boy meets girl. They fall in love. Boy is rich and Protestant. Girl is Catholic and poor. They fight odds. Their love wins. But a disease takes it all away. Do watch this original film, and read the book because no matter what the world says, some experiences should be personal so that you can get

your own takeaway. Don't go by what others say. Just read 'Love Story'. Watch the film. And feel it all.

Both the novel and film made a huge amount of money. Says an article in 'pophistorydig.com': "The story's success marks one of those moments in popular culture when a simple love story sweeps through society as something of a gale force phenomenon, though sometimes, as in this case, to the disdain of more highbrow literary and film critics."

"...The book burst on the scene one morning when Barbara Walters, who was a TV hostess, began her programme by saying: 'I was up most of the night reading a book I couldn't put down, and when I finished it, I was sobbing. I cried and cried.' That's all the women of America had to hear. By the time bookstores were opening all over the United States they were getting calls for a book called



Erich Segal author of 'Love Story'; (pic left) Ryan O'Neal and Ali MacGraw brought the characters to life in the movie

'Love Story' by someone you never heard of named Erich Segal. Harper went crazy. We were out of stock within hours...."

The most feared and discerning film critic, Roger Ebert, wrote this in his review of the film in 1970: "The story by now is so well-known that there's no point in summarizing it for you. I would like to consider; however, the implications of 'Love Story' as a three-, four- or five-handkerchief movie, a movie that wants viewers to cry at the end. Is this an unworthy purpose? Does the movie become unworthy, as 'Newsweek' thought it did, simply because it has been mechanically contrived to tell us a beautiful, tragic tale? I don't think so. There's nothing contemptible about being moved to joy by a musical, to terror by a thriller, to excitement by a Western. Why shouldn't we get a little misty during a story about young lovers separated by death?"

LET'S TALK ABOUT

Sally Rooney

'Normal People', the highly acclaimed TV series based on author Sally Rooney's eponymous bestseller, arrived on Indian screens on January 8. Let's find out why Rooney has become the most sought-after author right now

WHAT'S SO SPECIAL ABOUT ROONEY?

At only 29 years old, the Irish author and screenwriter is one of the hottest names in the world of publishing. Her novels and short stories have done exceedingly well. Her debut novel, 'Conversations with Friends' (2017) was nominated for the 2018 Swansea University International Dylan Thomas Prize, the 2018 Folio Prize, and won the 2017 Sunday Times/Peters Fraser & Dunlop Young Writer of the Year Award. 'Normal People', her second novel published in 2018, won the 'Irish Novel of the Year' at the Irish Book Awards, was named Waterstones' Book of the Year for 2018, and won the Costa Novel Award. It was also longlisted for the 2019 Dylan Thomas Prize and the 2019 Women's Prize for Fiction. That's not all. Several of her short stories, poems and essays have also won her various accolades.

IMPRESSIVE, WHAT ELSE?

According to Wikipedia, Rooney is a brilliant debater as a student at Trinity College Dublin. She rose through the ranks of the European circuit to become the top debater at the European University Debating Championships in 2013.



LIFE-CHANGING BOOKS THAT YOU CAN READ IN A SINGLE DAY

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Like most people, we're very sure you can read at an average rate of 250 words per minute (or 15,000 words per hour), which means that you can read any of the following books in a single setting. TODAY. It'll do two things for you. First, if you've wanted to make a significant change in your habits or daily routines, these books will help you figure it out without taking too much of your time. And second, congratulations! You have read something instead of thinking about reading something and then not having done it! (It's a win win!)

The Dip: A Little Book That Teaches You When To Quit (And When To Stick) by Seth Godin

If you are anything like me, then starting a project feels fantastic, and you are motivated to keep at it. However, it gets frustrating very quickly and you decide to ditch it because you couldn't do it. This moment, when one quits because it's starting to get frustrating



or difficult to continue is what Seth Godin calls 'The Dip'. And his book tells you what you need to do in order to get through the dip and ultimately succeed.

PS: Show this book to anyone who says 'Winners don't quit.' Because according to Godin, successful people quit projects that they weren't good at, or didn't

love. At 96 pages, you won't even feel a dip because it can be read in one afternoon.

Steal Like An Artist: 10 Things Nobody Told You About Being Creative by Austin Kleon

At only 160 pages, creative graphic

artist and author Austin Kleon shares 10 simple ideas anyone may use to unleash her/his inner creative genius. This book is for people who considers themselves an artist or plan to work in a creative field in the future, or just feel like doing something different.

According to Kleon, creativity isn't only innate, rather a skill that can be developed with practice. A cool idea in the book that really impressed us is that the author encourages us to get BORED, let our mind wander because you never know what ideas may come.

Eat That Frog!: 21 Great Ways To Stop Procrastinating And Get More Done In Less Time by Brian Tracy

This is another super short read that will help you overcome procrastination and work more efficiently, while also experiencing more happiness in the process. Sounds unbelievable, right? We thought so too until we read it and came across the basic tenet that the book rests on: planning. According to the author, spending time on planning every day in advance is a good rule of thumb. For example every minute

spent on planning saves as many as 10 minutes in execution.

Superhuman By Habit: A Guide to Becoming the Best Possible Version of Yourself, One Tiny Habit at a Time by Tynan

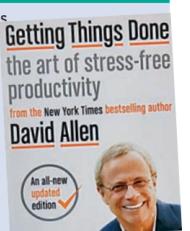
Got a few New Year's resolutions that you'd really like to achieve? Go for this 122-pager that offers practical, science backed strategies for building good habits. One of the best tips the book offers is to never skip a habit twice. The logic offered is that missing one day reduces your chances of long-term success by a small amount like 5%, missing 2 days reduces it by 40%. Three days missed and you may as well be starting over.

Letters from a Self Made Merchant to his Son By George Horace Lorimer

This book is for anyone who is interested in business or has a young adult raring to be part of the workforce and the big, bad world. Packed with wisdom and practical advice, this is one of the best business books you will ever read. Also offers beautiful tips, like a person and her/his job should be best friends inside the office, but enemies outside of it. A sign of someone who has a clear mind is when they don't think of work outside of work and when they don't think of leisure while at work. Need we say more?

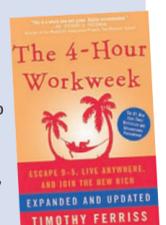
TINY BUT POWERFUL IDEAS

1 In his book 'Getting Things Done', author David Allen describes the 2-Minute Rule which says that you should get anything done immediately if it takes less than two minutes to complete. Though we'd say even five minutes is alright, as long as you are getting it done, there and then. Seriously, just do it.



2 In his book 'Finding Your Element', author Ken Robinson recommends us to open ourselves up to as many new opportunities as possible, to discover our unrealised aptitudes. Plus, strive to have a growth mindset.

3 In his book, 'The 4-Hour Workweek', author Tim Ferriss offers a unique idea to gauge your happiness levels. He says you should rate the importance of a task by asking yourself, "If this is the only thing I do today, would I be happy with today?"



ENDURANCE SPORTS

Any sporting activity tests you physically but endurance sports require the ability to maintain the intensity of an activity – like swimming, running or riding – over a long period of time. And to recover as soon as possible. Let's analyse some of the sports which require a high level of endurance



OPEN WATER SWIMMING

This swimming discipline takes place in outdoor bodies such as oceans, lakes, and rivers. Rough conditions, cold water, sharks, jellyfish, tides, lack of visibility are some of the obstacles participants have to be prepared for. The formidable 150km swim from Havana (Cuba) to Key West (Florida) involves swimming continuously for well over 24 hours, in strong currents and in the company of jellyfish and sharks. In 2013, Diana Nyad, aged 64, became the first and only person to complete the swim without a shark cage. The Olympic Games race is held over a distance of 10 km and is officially called marathon swimming. In an interview to outsideonline.com, Dan Simonelli, founder and director of the Open Water Swim Academy in San Diego advised, "Before suiting up for an open-water workout, you should be able to swim at least two to three times that distance non-stop in the pool. Open-water distances typically get elongated due to shifting conditions, so a mile in the ocean will take more time—and feel more challenging—than a mile in the pool."



TRIATHLON

A multi-discipline non-stop race, it tests skill and speed in swimming, running and cycling. It usually starts with a swim in open waters, followed by a biking stretch and then the run. Distances vary from one event to another. The super sprint has 400 m swim, 10 km bike and a 2.5 km run. The Ironman has a 3.8 km swim, 180 km bike leg and 42 km run. There are also the ultra triathlons, where the distances are almost double of the Ironman. There are more than 40 Ironman events organised across the world annually. Rules regarding equipment, clothing, safety gear vary from

event to event. The Enduroman, also called "Arch to Arc", links London's Marble Arch and the Arc de Triomphe at Paris. This extreme long-distance triathlon starts with a 140 km run, a 34 km swim across the English Channel to Calais, and about 300km of cycling to finish in Paris on the Champs Elysées. The Ironman of Lanzarote (Spain) is the oldest of long distance Ironmans. The cycling course includes almost 2550m of positive elevation gain and is renowned for its strong winds, which make it very difficult. It is the qualifying event for the World Championships in Hawaii.



RACE WALKING

Race walking dates from the 17th and 18th centuries. According to worldathletics.org, "The first competitors were the footmen who would run and/or walk by the side of their masters' coaches." It differs from running because one foot must be in contact with the ground at all times. Failure to do so is known as 'lifting'. The rules also state that the advancing leg must straighten from the point of contact with the ground and remain straight until the body passes over it. Three violations of the rules during a race lead to disquali-

fication. Athletes, during the course, must always have one foot on the track while they cover a distance ranging from 3000 m up to 100 km. At the Olympics, men and women compete for the top three spots under the 20 km short-distance category while the 50km long-distance features only men. National record holder Irfan Kolothum Thodi — better known as KT Irfan — became the first Indian to qualify for Tokyo Olympics in race walking. Many athletes have described race walking as "painful and just plain torture".

ROAD CYCLING

It's a cycling discipline held on paved roads. Cyclists compete in several formats, like the time trials, where individual riders or teams race against the clock or stage races or tours, which take multiple days. Randonneuring and ultra-distance races can last several weeks, and cover distances of up to 4800 km in a week. The objective in single stage races is to be the first to cross the finish line. However, in the multi-stage races, clocking the least aggregate finish time is of prime importance. Tough climbs, fast descents, technical surfaces like cobbled pathways, crosswinds are among the challenges cyclists face. Excellent bike handling skills and muscular endurance are vital in cycling. The Tour de France spans over 21-23 days. The race covers around 3,500 km with 9 flat stages, 6 mountain stages, 5 hilly stages, 5 high-altitude finishes, and 1 individual time-trial stage. The Giro d'Italia has 21 stages across 3500km in 23-24 days. The Union Cycliste Internationale (UCI) World Championships for men and women, the Race Across America (RAAM), are among the other popular racing events. Cycling has been a discipline in the summer Olympics ever since the birth of the modern Olympic movement, but has undergone several changes in format.



ROWING

In rowing, athletes use oars to propel a boat through water at high speeds. There are two types of rowing: sweep and sculling. Sculling racers use two oars, while in sweep the rowers hold one oar each. Ocean rowing races are held across bays, seas and coastlines. They are measured in miles and vary from 5, 10 to 20 miles. The sport requires

strong core balance, flexibility, physical strength, and cardiovascular endurance. Rowing does not involve just arm strength. When done correctly, it requires 85% exertion of the legs, with the back, core and arms making up the rest. Having the right breathing technique is important, as is the correct posture. Inflammation of knee

joints, spine and forearm tendons, blisters, track bites, that is thin cuts on the calf or thigh are among the dangers rowers face. The Celtic Challenge is the world's longest rowing race. It sets off from Arklow, Wicklow on Ireland's south-east coast, and takes rowers 167 km across the Irish Sea to Aberystwyth on the Welsh coast.



CROSS-COUNTRY SKIING

Cross-country skiing is an endurance sport in which competitors propel themselves through heavy or thick snow over long distances wearing skis and using ski poles. Skiing is physically demanding on the athlete's arms and legs. Power, speed and endurance apart, skiers also have to develop heart and lung capacity to ensure blood flow to every part of the body in the extreme weather

conditions. The 220 km Nordenskiöldsløppet is the longest race in the world. The course, north of the Arctic Circle, goes through forests and frozen lakes. Athletes have to endure 1,500 meters altitude. The 54-km Birkebeiner race in Norway goes through two mountains with breathtaking sceneries. Arctic Circle Race is held around Sisimiut on Greenland's west coast in the midst of magnificent

scenery. Skiers have to cover a distance of 160 kilometres over a period of 3 days with overnight stays in tents in the wilderness — sometimes in temperatures as low as minus 30 degrees C. The famous 90-km Vasaløppet race in central Sweden leads through a nature reserve, past small villages and picturesque chalets. In the Olympics, events vary between 15 km and 50 km for men, and 10 km and 30 km for women.