

```

```javascript
$(document).ready(function() {
 $('#myForm').on('submit', function(e) {
 e.preventDefault();

 var isValid = true;
 var message = '';
 // Validate name
 var name = $('#name').val();
 if (name === '' || !/^[a-zA-Z\s]+$/i.test(name)) {
 isValid = false;
 message += 'Please enter a valid name. Only letters and spaces are allowed.\n';
 }
 // Validate email
 var email = $('#email').val();
 if (email === '' || !/^[^\s@]+@[^\s@]+\.[^\s@]+$/i.test(email)) {
 isValid = false;
 message += 'Please enter a valid email address.\n';
 }
 // Validate message
 var msg = $('#message').val();
 if (msg === '' || msg.length < 10) {
 isValid = false;
 message += 'Message should be at least 10 characters long.\n';
 }
 if (!isValid) {
 alert(message);
 } else {
 // Form is valid, submit the form or do additional processing
 this.submit();
 }
 });
});
```

```html
<form id="myForm">
 <label for="name">Name:</label>
 <input type="text" id="name" name="name" required>

 <label for="email">Email:</label>
 <input type="email" id="email" name="email" required>

 <label for="message">Message:</label>
 <textarea id="message" name="message" required></textarea>

 <input type="submit" value="Submit">
</form>
```

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