The First 20 Hours: How to Learn Anything . . . Fast!

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Forget the "10,000 hour rule"... what if it's possible to learn any new skill in 20 hours or less?

Take a moment to consider how many things you want to learn to do. What's on your list? What's holding you back from getting started? Are you worried about the time and effort it takes to acquire new skills - time you don't have and effort you can't spare?

Research suggests it takes 10,000 hours to develop a new skill. In this nonstop world when will you ever find that much time and energy?

To make matters worse, the early hours of practicing something new are always the most frustrating. That's why it's difficult to learn how to speak a new language, play an instrument, hit a golf ball, or shoot great photos. It's so much easier to watch TV or surf the web...

In *The First 20 Hours*, Josh Kaufman offers a systematic approach to rapid skill acquisition: how to learn any new skill as quickly as possible. His method shows you how to deconstruct complex skills, maximize productive practice, and remove common learning barriers. By completing just 20 hours of focused, deliberate practice you'll go from knowing absolutely nothing to performing noticeably well.

This method isn't theoretical: it's field-tested. Kaufman invites readers to join him as he field tests his approach by learning to program a Web application, play the ukulele, practice yoga, re-learn to touch type, get the hang of windsurfing, and study the world's oldest and most complex board game.

What do *you* want to learn?

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From reader reviews:

Sarah Davis:

Why don't make it to become your habit? Right now, try to ready your time to do the important behave, like looking for your favorite book and reading a guide. Beside you can solve your trouble; you can add your knowledge by the book entitled The First 20 Hours: How to Learn Anything . . . Fast!. Try to the actual book The First 20 Hours: How to Learn Anything . . . Fast! as your buddy. It means that it can being your friend when you sense alone and beside regarding course make you smarter than previously. Yeah, it is very fortuned for yourself. The book makes you more confidence because you can know almost everything by the book. So , let's make new experience as well as knowledge with this book.

Livia Wilder:

Hey guys, do you wishes to finds a new book to read? May be the book with the headline The First 20 Hours: How to Learn Anything . . . Fast! suitable to you? Often the book was written by popular writer in this era. Often the book untitled The First 20 Hours: How to Learn Anything . . . Fast!is the main one of several books in which everyone read now. This kind of book was inspired lots of people in the world. When you read this book you will enter the new age that you ever know just before. The author explained their idea in the simple way, consequently all of people can easily to understand the core of this guide. This book will give you a large amount of information about this world now. So that you can see the represented of the world with this book.

Brooks Davis:

A lot of people always spent their own free time to vacation or perhaps go to the outside with them household or their friend. Were you aware? Many a lot of people spent they will free time just watching TV, as well as playing video games all day long. If you want to try to find a new activity honestly, that is look different you can read a new book. It is really fun for you personally. If you enjoy the book which you read you can spent 24 hours a day to reading a e-book. The book The First 20 Hours: How to Learn Anything . . . Fast! it is extremely good to read. There are a lot of folks that recommended this book. These folks were enjoying reading this book. In case you did not have enough space to create this book you can buy the particular e-book. You can m0ore simply to read this book from the smart phone. The price is not too costly but this book has high quality.

Allison Lyon:

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into brand new stage of crucial considering.

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