
HOW TO LEARN ANYTHING IN 20 HOURS OR LESS:

CHRISTOPHER ROCAS



The 20-Hour Rule

Josh Kaufman says that 20 hours of practice is enough to learn a new skill.

Do this:

- Dedicated time blocking.
- Remove ALL distractions.
- Practice in intense, short sessions (< 2 hrs)

Check out Josh's Ted Talk where he digs into the neuroscience behind the rule.

Use the Feynman Technique

Nobel physicist Richard Feynman proposed a simple technique to learn anything:

- Teach it to a child (or pretend to).
- Identify gaps in your explanation.
- Review and simplify until you can explain it to a 5 year old.

Teaching is the greatest proof of knowledge.

Deconstruct the Skill

Break down any skill into smaller, manageable chunks.

- Identify key parts of the skill.
- Practice each part on its own.
- Once you've mastered each part, start combining them.

The biggest mistake is trying to do too much, all at once.

Spaced Repetition

Ever wondered why 5th grade math is impossible 30 years later?

This is why.

Revisit the skill or topic on a consistent cadence.

My best practice has been monthly.

Not long enough to forget, not short enough to get overwhelmed.

Be okay 'screwing up'

Fear of mistakes will slow you down.

Try my advice:

- Progress > Perfection
- Mistakes unlock knowledge gaps
- Make mistakes a part of your learning journey.

“Learn from your mistakes” is great advice.

Document, track, review, reflect, and move forward.

Use Technology

We live in the greatest age of knowledge arbitrage.

Take advantage of it:

- Coursera, Udemy, or Khan Academy
- Use AI for intellectual sparring.
- Audio books + 1.5x speed.

Technology is the force multiplier to your learning.

TL;DR:

How to learn anything in 20 hours or less:

- 20 hours rule..
- Deconstruct the skill.
- Use the Feynman technique.
- Leverage spaced repetition.
- Embrace mistakes.
- Use technology.

Thanks for reading!

**ANY TIPS ON LEARNING SKILLS
FASTER (OR EASIER)?**

LEAVE IN THE COMMENTS.

Follow me for actionable advice on sales,
mental models, and career acceleration.

C H R I S T O P H E R R O C A S

