The fourth suggestion is to read for pleasure. I definitely great this suggestion. Read surcharge that student who read for pleasure make them most progress in vocabulary apposition and other best understanding and reproducing grammatical structure. The keyword however is pleasure. You must read material that is interesting and compelling to you. This usually doesn't include language text book but rather novels, short stories, news articles etc. I just want to point now that typically casual day to day conversation used a family limited number of words and one of easiest way to accumulate more vocabulary is to read. Just think about this. Five years ago I pretty fluent they can say a lot of words and they understand a lot but the way that they improve the vocabulary is to read. As you read, you acquire many more words that you may not use that much in everyday conversation but that allow you to understand and intelligently convert about the why variety of topics. The fifth suggestion is to learn vocabulary in context. I think this suggestion is sort of no-brainer. That is a simply of obvious strategy. However, you be surprised how many people still try to learn vocabulary by memorizing list of words. The bottom line is that it doesn't work. If you want to really learn some new words do so within a context. It also helps if the content is interesting, funny, silly or have some type of unexpected (). This is why are used fun story in my success story program. Learning vocabulary is really important but some ways are better than other. So throw ways your list of invariant word and focus some learning the word in the content area that interested you within the context of a story, in article, a song, a movie or present station. I have world several successful business mans and they have a comment the business related and personal grow related vocabulary. And it all because they have read so many books, it is really impressed. The sixth suggestion is to ignore the myths that you can learn a foreign language as an adult. This is a very persistent myths and it simply isn't true. A myth this something a lot of people believe but that isn't actually true. There is some evidence that a person who learns foreign language as a young child may not have an action. But in term of being able to learn how to speak, read and write well another language. Adult can absolutely do it. In fact, it may actually be easier for adults. Especially, adults who already have experience learning a foreign language. Most of famous polyglots that you see on youtube have learned most of the languages as adults. A doesn't matter. The seventh suggestion is to do some revision of your native language. This means that they want to make sure that you understand grammar of your own language. So that you can more easy understand how languages work and can use the knowledge of your native language grammar to help you learn English or another language. You can certainly learn to speak a language without understand grammar at all. That how ok do it. But it may be helpful for some specially those who want to use the grammar for learning. To review the native language with grammatical features. I am not usually a fan of grammar approach sense I see that is often boring with students and they lose interested in learning English after spending so much timing with grammar and hardly any time actually listening to or speaking English. For adult grammar that it can be used in conjunction with a more natural approach with involve a lot of listening, reading and speaking. The eighth suggestion is to not underestimate the power of translation. The idea here is that some people may benefit from using different approaches and different stages of learning process. I agree with this statement. Though, I think of listening, reading and speaking should make up majority of your approach at all stages. If you are interested in working at a translator or working a higher academy level. Then, I can see how using translation can help you in that. Also, translation may be necessary for beginner just well. When you are first learning a language you need understand what you are hearing or reading and translation may be the most of effected means of providing comprehensible input of that time. I know that a polyglot Luker from Italy is a fan of translation in a beginning. The other idea is that some translation exercises for used to more (per..) therefore help you reach a higher level ( just federating) using similar language. The ninth suggestion is to beware of the effort not that effort. The word fluency even though my website is called English Fluency Now and I do help you speak more fluently. I agree with advice to beware of focusing simply on fluency. Fluency can be a rather vague word. Again a 6 years old it fluent and it is a natural language. But it is likely wouldn't be a hole in intelligent conversation about hundreds of topics. Becoming fluent is just the beginning and language learning involve so much more and speaking and really never stop. Just think about it, as you learn a language, you are learning about culture, history, personality and so much more not to mention that used to or growing personally. So the idea is to just chew out that you go and enjoy of process learning. The tenth suggestion is to go to where the language is spoken. This is actually somewhat controversial issue and I am not convinced that you have to go to where the language is spoken to learn it anymore. “These days it is totally impossible to learn language while you are living in own country or in other country” Benny The Irish polyglot. So, how could you learn aerobic while are living in Brazil. That idea is that you still need to put in hour and hour of study and really almost yourself in the language no matter where you are. There are many people living in US who have been here per 10 or more years and do not speak English very well or at all. Being in the country where English is spoken is no warranty of learning English well. In fact, it may be even harder sense you may end up surrounding yourself with people who speak your native language and not really use English that much or you might just keep to yourself not interacting native language speaker because they're like second tenses or your personality. However, if you can get to a country where English is spoken and you make a serious effort to almost yourself in the language speaking with native speaker on a regular basic and during all day to day activity in English. Then you will pick up English rather quickly. In my opinion, the best way to pick up another language is to be a foreign exchange student and live with a family. This is usually only an option for young people high school and college students. But if as an adult you can a force immigrant experience where you live with a family specially when with children and you do your part to immigrate into the family and a community. You will improve your English by live and belt in no time. If you do not have an opportunity to go to an English speaking country, you can absolutely become advance English speaker by studying on your own in your own country or elsewhere. You just need to make a priority and use the suggestion that I just went over. Plus, my class in my 7 strategies English Fluency email code I go over I feel more specific strategy that you can use to ensure your success. No matter where you are living. It is really a matter interested motivate, time and effort. Language learning is a process you will success so just enjoy the journey. I would love to hear you thought on language learning and no what you have found to be helpful and enjoyable along your way. Please share your language learning experience in the comment section on the blog, post, page for this episode. Thank you. Well that's all for today. Thank you for listening to the English Fluency Now postcard, I hope you have enjoyed it, remember, reputation is key so I recommend that you listen at the postcard several time of the next few day, get a lesson guide if you want to read along with the transcript and use this postcard to study topic more indebted. If you want to improve speaking skills pick up a coffee my course success with story, it chances you speak English automatically without thinking and without transcending your head, you can find out more success history course and listen to some sample at [www.englishfluencynow.com](http://www.englishfluencynow.com/). Thank you and until next time be well.