i love you the fourth suggestion is to read for pleasure i definitely agree with this suggestion research shows that students who read for pleasure make the most progress in vocabulary acquisition and are better at understanding and reproducing grammatical structures the keyword however is pleasure you must read materials that are interesting and compelling to you this usually doesnt include language textbooks but rather novels short stories news articles etcetera i just want to point out that typically casual day to day conversations use a fairly limited number of words and one of the easiest ways to accumulate more vocabulary is to read just think about it five year olds are pretty fluent they can say a lot of words and they understand a lot but the way that they improve their 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 converse about a wide variety of topics the fifth suggestion is to learn vocabulary in context i think this suggestion is sort of a no brainer that is it seems like a pretty obvious strategy however youd be surprised how many people still try to learn vocabulary by memorizing lists of words the bottom line is that it doesnt 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 has some type of unexpected twist to it this is why i use fun stories in my success with stories program learning vocabulary is really important but some ways are better than other so throw away your list of irrelevant words and focus on learning the words in the content areas that interest you within the context of a story an article a song a movie or a presentation i have worked with several successful businessmen and they have a great command of business related and personal growth related vocabulary and its all because they have read so many books its really impressive the sixth suggestion is to ignore the myth that you cant learn a foreign language as an adult this is a very persistent myth and it simply isnt true a myth is something that a lot of people believe but that isnt actually true there is some evidence that a person who learns a foreign language as a young child may not have an accent but in terms of being able to learn how to speak read and write well in another language adults can absolutely do it in fact it may actually be easier for adults especially those who already have experience learning a second language most of the famous polyglots that you see on youtube have learned most of their languages as adults age doesnt matter the seventh suggestion is to do some revision of your native language this means that they want you to make sure that you understand the grammar of your own language so that you can more easily understand how languages work and can use the knowledge of your native languages grammar to help you learn english or another language you can certainly learn to speak a language without understanding grammar at all thats how all kids do it but it may be helpful for some especially those who want to use the grammar approach to learning to review your native languages grammatical features i am not usually a fan of the grammar approach since i see that it is often boring for students and they lose interest in learning english after spending so much time with grammar and hardly anytime actually listening to or speaking english for adults grammar study can be used in conjunction with the more natural approach which involves 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 at different stages of the learning process i agree with this statement though i think listening reading and speaking should make up the majority of your approach at all stages if you are interested in working as a translator or working at a higher academic level then i can see how using translation can help you with that also translation may be necessary for beginners as well when you are first learning a language you need to understand what you are hearing or reading and translation may be the most effective means of providing comprehensible input at that time i know that the polyglot luca from italy is a fan of translation in the beginning the other idea is that some translation exercises force you to be more precise and may therefore help you reach a higher level versus just paraphrasing using simpler language the ninth suggestion is to beware of the f word not that f word the word fluency even though my website is called english fluency now and i do help you speak more fluently i agree with the advice to be weary of focusing simply on fluency fluency can be a rather vague word again a six year old is fluent in his native language but he likely wouldnt be able to hold an intelligent conversation about hundreds of topics becoming fluent is just the beginning as language learning involves so much more than speaking and really never stops just think about it as you learn a language you are learning about culture history personalities and so much more not to mention that you too are growing personally so the idea is to just chill out set your goals and enjoy the process of learning the tenth suggestion is to go to where the language is spoken this is actually a 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 possible to learn a language while living in your own country or in another country benny the irish polyglot showed how he could learn arabic while living in brazil the idea is that you still need to put in hours and hours of study and really immerse yourself in the language no matter where you are there are plenty of people living in the us who have been here for ten or more years and do not speak english very well or at all being in a country where english is spoken is no guarantee of learning english well in fact it may be even harder since 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 with native language speakers because of your life circumstances or your personality however if you can get to a country where english is spoken and you make a serious effort to immerse yourself in the language speaking with native speakers on a regular basis and doing all your day to day activities 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 afford an emergent experience where you live with a family especially one with children and you do your part to integrate into the family and the community you will improve your english by leaps and bounds in no time if you do not have an opportunity to go to an english speaking country you can absolutely become an advanced english speaker by studying on your own in your own country or elsewhere you just need to make it a priority and use the suggestions that i just went over plus in my seven strategies for english fluency email course i go over a few more specific strategies that you can use to ensure your success no matter where youre living it is really a matter of interest motivation time and effort language learning is a process you will succeed so just enjoy the journey i would love to hear your thoughts on language learning and know what you have found to be both helpful and enjoyable along the way please share your language learning experiences in the comment section on the blog post page for this episode thank you well thats all for today thank you for listening to the englishfluencynow podcast i hope you have enjoyed it remember repetition is key so i recommend that you listen to the podcast several times over the next few days get the lesson guide if you want to read along with the transcript and use this podcast to study this topic more in depth if you want to improve your speaking skills pick up a copy of my course success with stories it trains you to speak english automatically without thinking and without translating in your head you can find out more about the success with stories course and listen to some sample lessons at thank you and until next time be well i love you