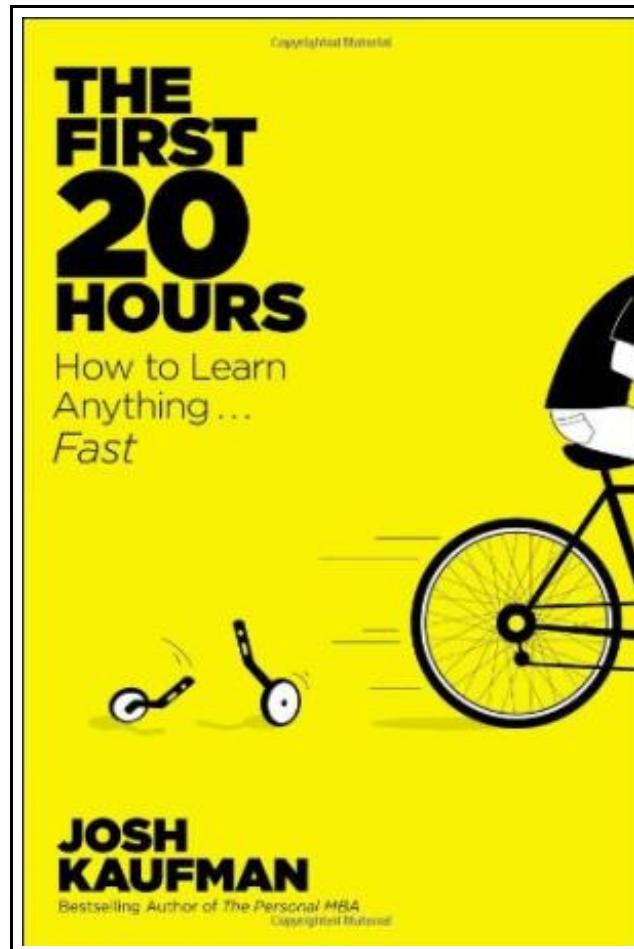# The First 20 Hours: How to Learn Anything. Fast! (Hardback)

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Reviews

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(Dr. Raven Ledner)

THE FIRST 20 HOURS: HOW TO LEARN ANYTHING. FAST! (HARDBACK)

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PORTFOLIO, United States, 2013. Hardback. Book Condition: New. 231 x 155 mm. Language: English . Brand New Book. Forget the 10,000 hour rule what if it s possible to learn the basics of 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. Kaufman personally field-tested the methods in this book. You ll have a front row seat as he develops a personal yoga practice, writes his own web-based computer programs, teaches himself to touch type on a nonstandard keyboard, explores the oldest and most complex board game in history, picks up the ukulele, and learns how to windsurf. Here are a few of the simple techniques...

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