

# The First 20 Hours

How to learn anything fast

- By Josh Kaufman
- 2013

# THE FIRST 20 HOURS

How to Learn  
Anything . .

**Fast!**

**JOSH KAUFMAN**

Author of the Number One Bestseller  
*The Personal MBA*

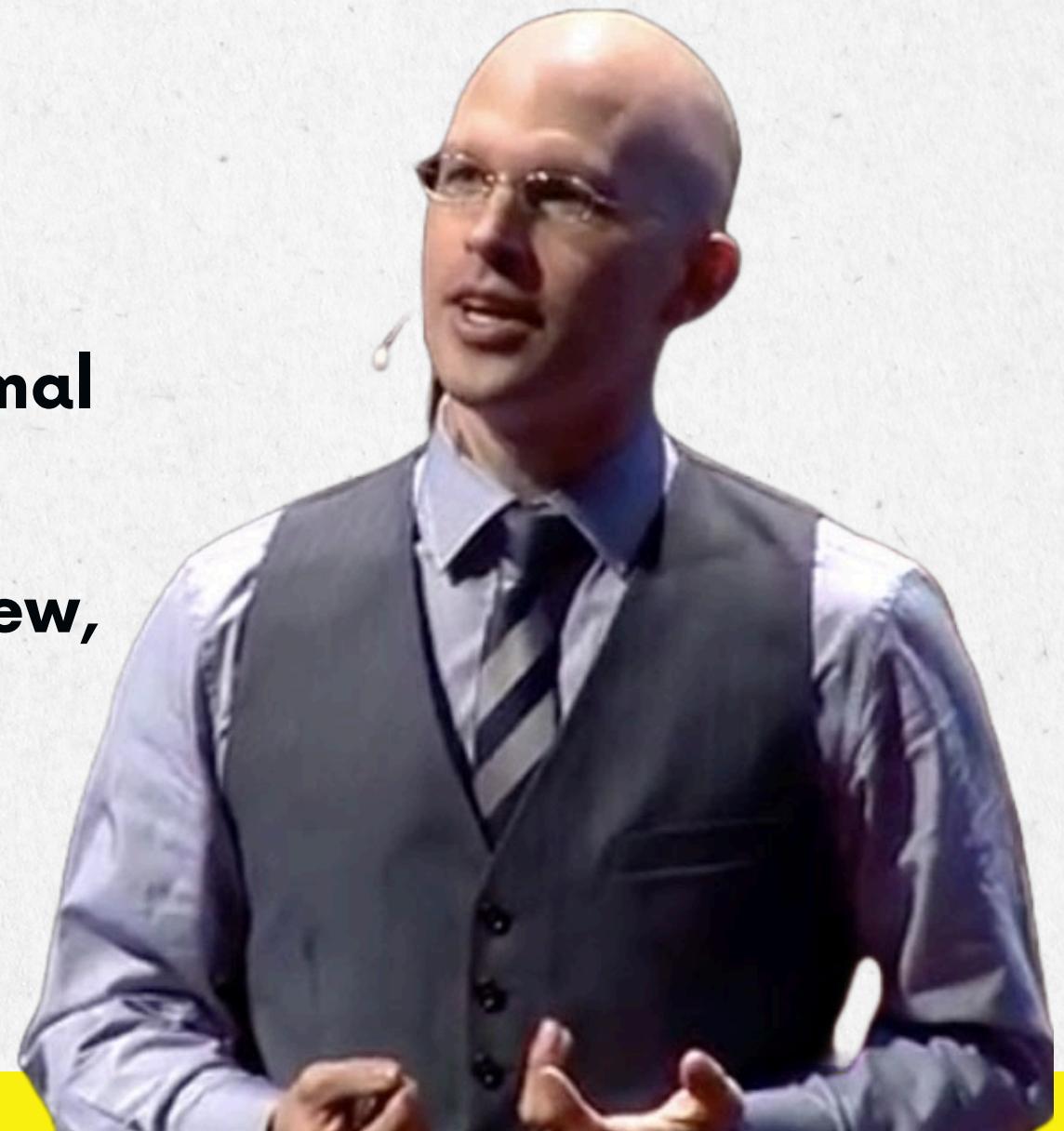
'Lots of  
promise to c  
your life. Th  
actuall  
SETH GO

## Agenda

- Author
- Why 20 hours?
- Learning Problems
- 10 Principle of rapid skill acquisition
- 10 Principle of effective learning
- case study
- How to apply it?
- What can you learn in 20 hours
- Why it works?
- Conclusion

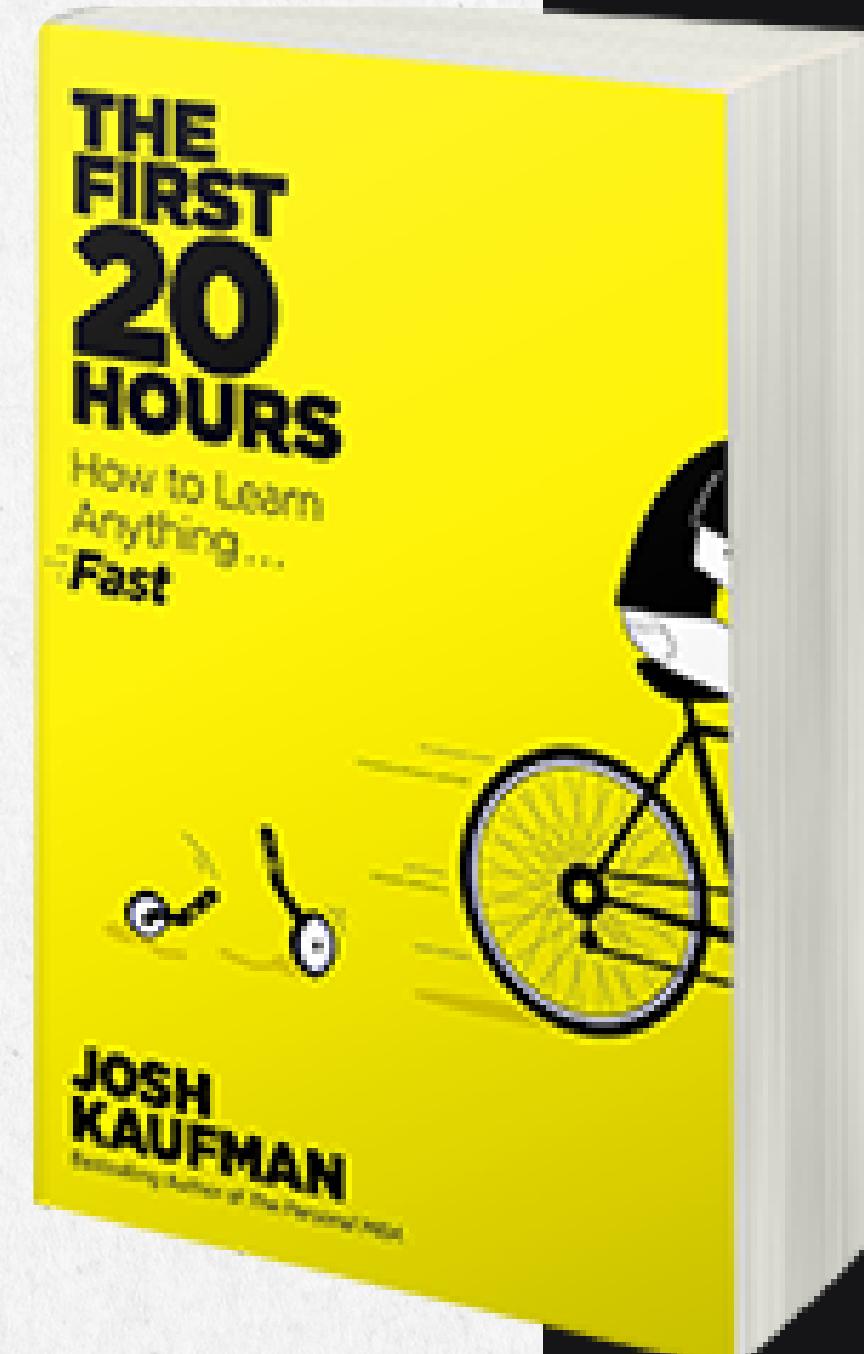
# **Josh Kaufman**

- American researcher, writer, and teacher
- Author of several bestselling books including **The Personal MBA** and **The First 20 Hours**
- Specializes in learning theory, self-education, and rapid skill acquisition
- His work helps people learn efficiently without relying on formal education
- Featured in major media such as TEDx, Harvard Business Review, and The New York Times
- Known for turning complex ideas into practical, actionable methods



# Why 20 hours?

You don't need 10,000 hours to be good.  
You need 20 hours to be competent.



# Learning Problems

01

No Time



02

Fear of being bad



03

Don't know where to start



# 10 Principles of Rapid Skill Acquisition

01

Choose one skill

02

Define target level

03

Deconstruct skill

04

Self-correct

05

Remove barriers



# 10 Principles of Rapid Skill Acquisition

06

Make time

07

Fast feedback

08

Practice key parts

09

Avoid perfectionism

10

Practice 20 hours



# 10 Principles of Effective Learning

01

Research

02

3–5 resources

03

Review

04

No distractions

05

Learn by doing



46 Book title name

are bound together to make a single volume. But to an avid reader, a book holds infinite secrets waiting to be uncovered. Books can be used to educate. They provide information, ready to be understood by the eager learner. Books can be used to entertain. They can hold rich stories, from the realistic to the most fantastical. Books provoke thought and have the power to spark revolutions. They can question the status quo, and make people ask important questions, not just of the people around them, but about themselves.

Book contents are not limited to the written word. It can also hold gorgeous imagery, showcasing intricate illustrations, abstract patterns, and the most compelling photographs. Sometimes, there's even no need for words. The best images can tell whole stories within a single page, or even a single frame. A well-chosen image can be the strongest way to express your message.

Author Name 47

CHAPTER SUBTITLE HERE

In its simplest form, a book is a written or printed collection of pages that are bound together to make a single volume. But to an avid reader, a book holds infinite secrets waiting to be uncovered. Books can be used to educate. They provide information, ready to be understood by the eager learner. Books can be used to entertain. They can hold rich stories, from the realistic to the most fantastical. Books provoke thought and have the power to spark revolutions. They can question the status quo, and make people ask important questions, not just of the people around them, but about themselves.

Book contents are not limited to the written word. It can also hold gorgeous imagery, showcasing intricate illustrations, abstract patterns, and the most compelling photographs. Sometimes, there's even no need for words. The best images can tell whole stories within a single page, or even a single frame. A well-chosen image can be the strongest way to express your message.

In its simplest form, a book is a written or printed collection of pages that are bound together to make a single volume. But to an avid reader, a book holds infinite secrets waiting to be uncovered. Books can be used to educate. They provide information, ready to be understood by the eager learner. Books can be used to entertain. They can hold rich stories, from the realistic to the most fantastical. Books provoke thought and have the power to spark revolutions. They can question the status quo, and make people ask important questions, not just of the people around them, but about themselves. Book contents are not limited to the written word. It can also hold gorgeous imagery, showcasing intricate illustrations, abstract patterns, and the most compelling photographs. Sometimes, there's even no need for words. The best images can tell whole stories within a single page, or even a single frame. A well-chosen image can be the strongest way to express your message.

In its simplest form, a book is a written or printed collection of pages that are bound together to make a single volume. But to an avid reader, a book holds infinite secrets waiting to be uncovered. Books can be used to educate.

# 10 Principles of Rapid Skill Acquisition

**06**

Real feedback

**07**

Embrace mistakes

**08**

High-frequency techniques

**09**

Visualize

**10**

Commit emotionally



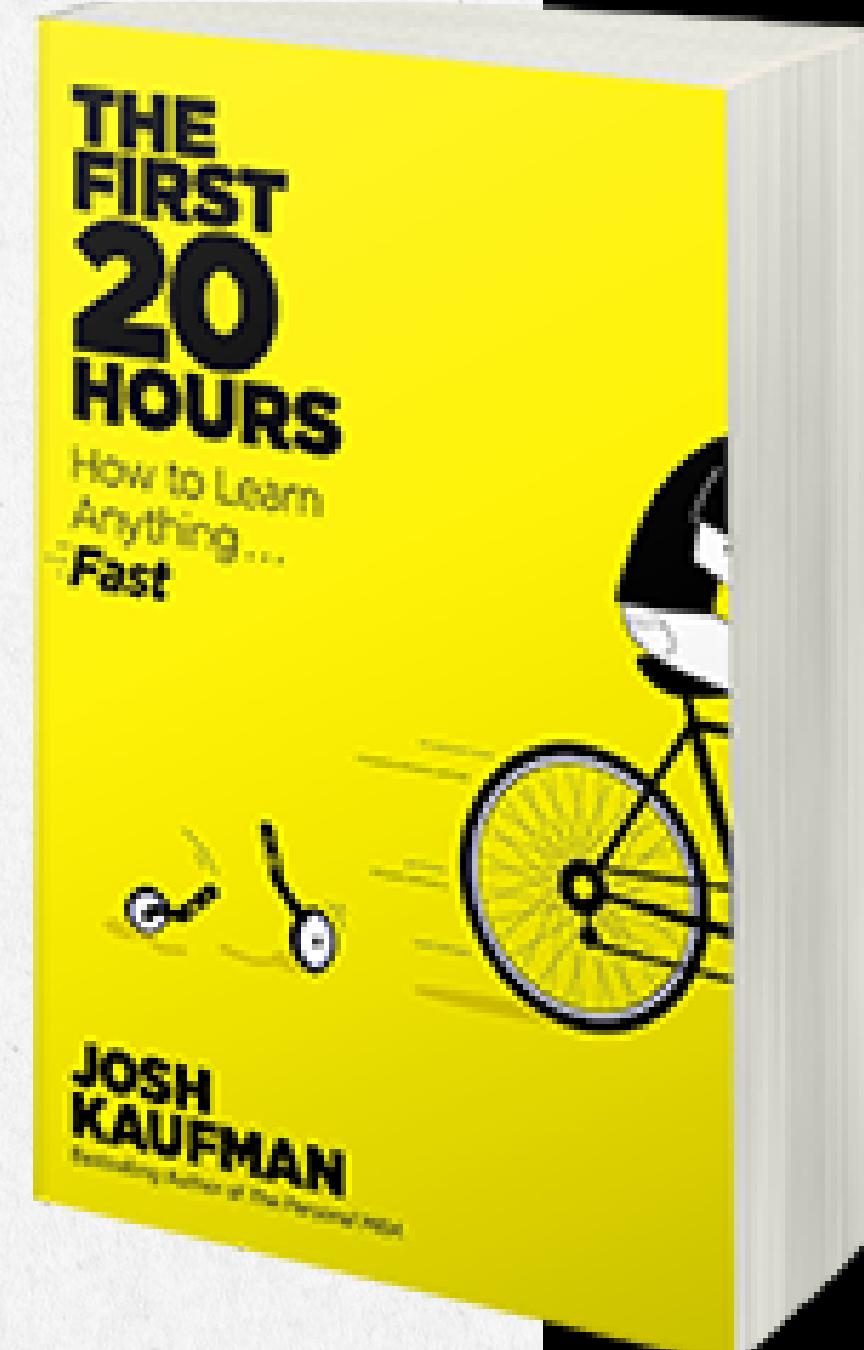
# Case Study



# How to apply it?



**What you can learn  
in 20 hours?**



# Why it works



Focused practice

Commitment

Reduces fear

Pushes beyond  
early frustration

# Your action plan

01

Pick one skill

02

Define good

03

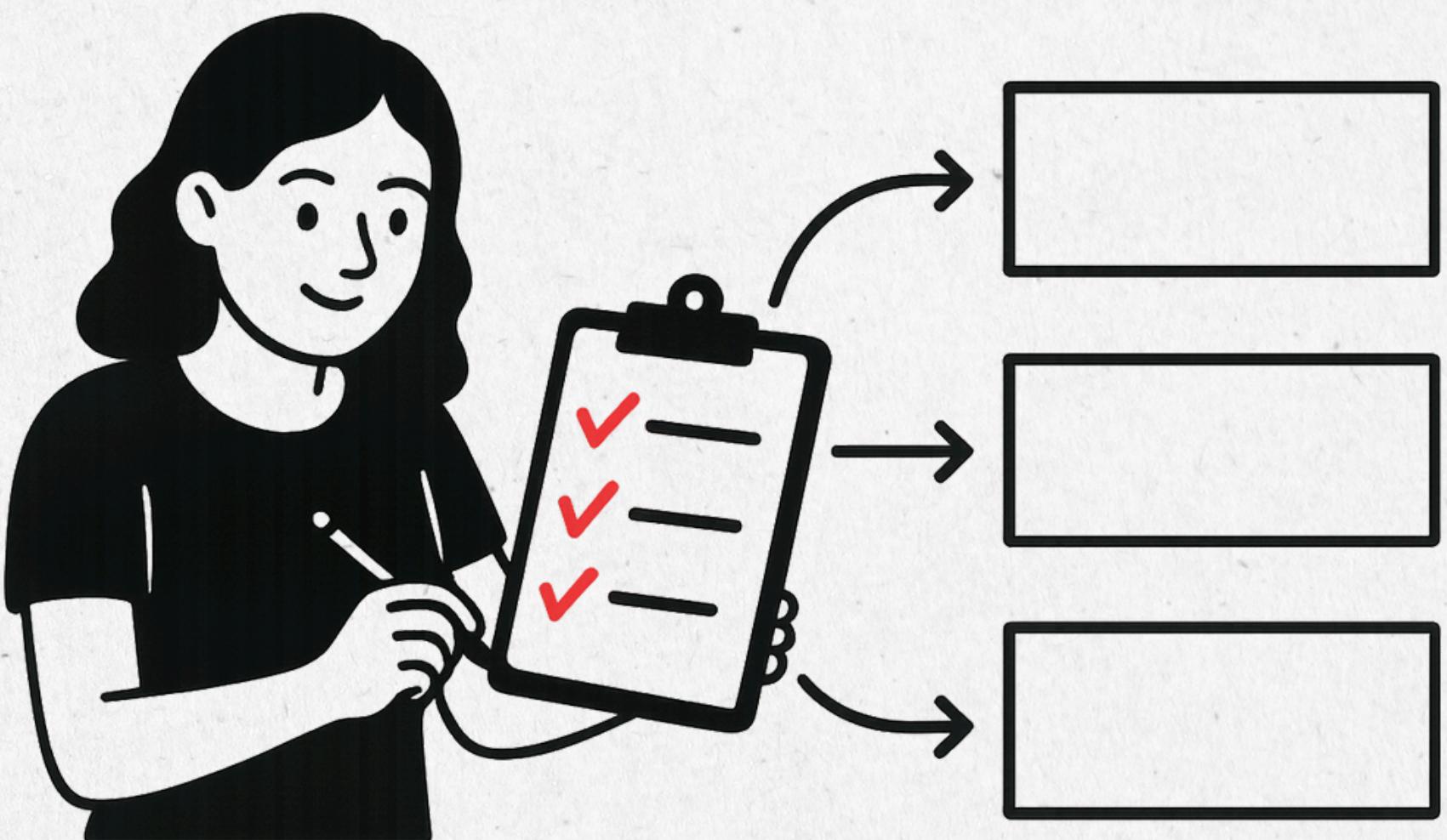
Break parts

04

Schedule

05

Track hours



# Final Message

“ You don’t need to be great  
to start, but you need to  
start to be great.

”

# THANK YOU



Ahmed Lotfi

