

# [Download] The Science of Accelerated Learning: Advanced Strategies for Quicker Comprehension, Greater Retention, and Systematic Expertise



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Make learning painless, exciting, habitual, and self-motivating. Absorb info like a human sponge. We've never been taught how to learn, and that's a shame. This book is the key to reversing all the misconceptions you have and making learning fun again. Scientifically-proven, step-by-step methods for effective learning. The Science of Accelerated Learning is not a textbook - it's a guidebook for your journeys in learning. It will show you the most effective methods, the pitfalls we must avoid, and the habits we must cultivate. This book is highly organized and addresses all phases of the learning process, from creating a positive environment, to the biological basis of memory, to learning theories, and more. It borrows from multiple scientific disciplines to present comprehensive techniques to simply learn more, faster. Master your approach and save countless hours. Peter Hollins has studied psychology and peak human performance for over a dozen years and is a best-selling author. He has worked with a multitude of individuals to unlock their potential and path towards success. His writing draws on his academic, coaching, and research experience. Smarter, faster, and better ways

to achieve expertise The physical and psychological preconditions to effective learning How our memory works and how to make it work for you The learning techniques that work - with evidence How to never need to cram again Tame distractions and procrastination through specialized habits Why Einstein loved to play violin while working The learning mistakes you are probably committing right now Steps to building true expertise How to teach effectively, and teach to learn Outpace others, beat the competition, and get where you want to go in record time. Learning to learn is one of the most valuable skills you will ever possess because it unlocks everything you want in life. You will achieve: better grades, better work product, better relationships, more enjoyable hobbies, and each day you will grow closer to the life you truly want. It unlocks the paths you can take, and it unlocks the happiness you can potentially feel. Learning is growing, and life without growing is not a life worth living.

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