The First 20 Hours: How To Learn Anything... Fast!

Synopsis

"Learn anything... fast!" 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. This method isn't theoretical: it's field-tested. Kaufman invites readers to join him as he field tests his approach by learning to program a Web application, play the ukulele, practice yoga, re-learn to touch type, get the hang of windsurfing, and study the world's oldest and most complex board game. What do you want to learn?

Book Information

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Customer Reviews

Before you buy this book you have to ask yourself this basic question: do you want the be a Jack of all trades or the master of some? Then, you may ponder about the "self-help-ish" or "magic

number-ish" 20 hours issue (you will learn that this is the personal experience of the author). But, the title sounds too good to ignore, too enticing to leave, so you still buy the book. You will be disappointed.You will find that the author wants to do soooooo many things, but there is never enough time to do them all. (Aren't we all staring at our bucket lists with the same quiet desperation?) But, here is a method that allows you to beat the confining principles of being realistic, prioritization AND focusing. It contains 10 principles of rapid skill acquisition (1, love the stuff; 2, focus on the stuff; 3, decide how good you really want to be; 4 through 9 are really no brainers and 10, emphasize quantity and speed) and 10 principles of effective learning (1, research the stuff; 2, just do it; 3, identify mental models, etc.). The method is then demonstrated using the author's preferred random skills: yoga, programming, typing, go, ukulele, windsurfing.So, why will you be disappointed? Because most of us have only a few "dream skills", but would like to do them at a higher level than many disconnected things at an average/below average level. It may be the question of a high enough dose of Ritalin, but an average adult does not dream to do a periodization of 20 hour cycles of random skills. If one jumps from one skill to the next, what becomes of the necessary practice time of the earlier skill? I understand that the author simply wanted to demonstrate how well his method applies to unrelated "arts", but here is where the book falls short.

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