

HOW TO LEARN ANYTHING FASTER?



STOP MULTITASKING

Multitasking causes new information to go to the wrong part of our brain. Moving back and forth between task wastes productivity as our brain can't pay attention to multiple tasks at the same time.



DON'T REINVENT THE WHEEL

Find someone who already master the skills you are willing to learn and model the path they already followed. This way you can learn new things in a shorter period of time.



LET YOUR MIND WANDER

Schedule some quality time to let your mind wander, as healthy breaks allow your brain to rest and avoid creative blocks. Going for a walk or having a long bath are some good examples of mind-wandering.



REPETITION, REPETITION, REPETITION...

The more attempts you make to learn something, the more the brain reinforces the necessary skills until you can do it subconsciously.



RELATE NEW LEARNING TO PRIOR KNOWLEDGE

Allowing your brain to create connections between new information and what you already know will help you remember it later.

How To Do Anything Guide

RD Boyd



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