

The first 20 hours : how to learn anything -- fast

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Abstrak

Josh Kaufman's *The First 20 Hours* is a systematic approach for acquiring new skills quickly with a small amount of practice each day. Kaufman outlines a practical process to deconstruct complex skills, maximize productive practice, and remove common learning barriers, creating a realistic and achievable approach.

Forget the 10,000 hour rule. What if it is 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 is on your list? What is holding you back from getting started? Are you worried about the time and effort it takes to acquire new skills, time you do not have and effort you cannot 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? In this book the author offers a systematic approach to rapid skill acquisition: how to learn any new skill as quickly as possible by showing how to deconstruct complex skills, maximize productive practice, and remove common learning barriers.

What would you like to learn? How to paint a great portrait, launch a business, play piano ...or even fly an airplane? The only thing holding you back is the time and effort it will take. But there is a way to go from knowing absolutely nothing to performing well, with just 20 hours of practice. Josh Kaufman, author of the international bestseller *The Personal MBA*, has developed a brilliantly simple approach to help you learn anything. He shows you how to deconstruct complex skills, make the most of your time, and clear away obstacles in your path. *The First 20 Hours* helps you pick up any skill in record time ...and have much more fun along the way. "Lots of books promise to change your life.