



How to Learn Anything 2x Faster



Use the Feynman Technique

1. Teach what you learn in simple terms.
2. If you struggle, pinpoint gaps and refine your understanding.

Use Active Recall

1. Test yourself instead of just rereading notes.
2. Flashcards and self-quizzing work best.

Engage Multiple Senses

1. Read, write, speak, and listen to reinforce learning.
2. Visualize concepts or use diagrams for better retention.

Take Strategic Breaks

1. Use the Pomodoro technique (25 min study, 5 min break).
2. Sleep well—learning consolidates during rest.

Maintain a Growth Mindset

1. Believe in your ability to improve.
2. Learning is a skill—you get better with practice!

Chunk

Information

1. Break concepts into smaller, manageable parts.
2. Focus on understanding before moving to the next chunk.

Apply Spaced Repetition

1. Review material at increasing intervals (1 day, 3 days, 1 week, etc.)
2. Strengthens memory and prevents cramming.

Optimize Your Environment

1. Remove distractions and set up a focused workspace.
2. Use background instrumental music if it helps concentration.

Apply What You Learn

1. Connect new knowledge to real-life scenarios.
2. Teach others or write summaries to reinforce retention.

Master these techniques, and you'll absorb knowledge faster than ever!