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

By Josh Kaufman



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What if it's possible to learn the basics of any new skill in 20 hours or less?

Research suggests it takes 10,000 hours to master a new skill, and the earliest hours are always the most frustrating. That's why it's so difficult to learn a new language, play an instrument, hit a golf ball, or shoot great photos.

Josh Kaufman offers a better way. His systematic approach to rapid skill acquisition 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 can pick up the basics in record time... and

have more fun along the way.



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Editorial Review

Review

“A blockbuster in the making, *The First 20 Hours* breaks down the learning process into simple and effective steps with real-life examples that inspire. After reading this book, you’ll be ready to take on any number of skills and make progress on that big project you’ve been putting off for years.”

—CHRIS GUILLEBEAU, author of *The \$100 Startup*

“If you’re like me, you’ll get so inspired that you’ll stop reading to apply this approach to your own procrastinated project. After reading the first five chapters, I tried Josh’s technique to learn a new programming language, and I’m blown away with how fast I became fluent.”

—DEREK SIVERS, founder, CD Baby, sivers.org

“Great opportunities are worthless without skills. No more excuses! Kaufman proves that we all have the capacity to become experts.”

—SCOTT BELSKY, founder, Behance, and author of *Making Ideas Happen*

“With the amount of information and change in the world today, the person who can adapt and learn the most quickly will be the most successful. Kaufman breaks down the science of learning in useful, entertaining, and fascinating ways. If you care about keeping your job, your business, or your edge, this book is for you.”

—PAMELA SLIM, author of *Escape from Cubicle Nation*

“In this inspiring little book, Josh argues that you can get good enough at anything to enjoy yourself in just 20 hours. In other words, all that’s standing between you and playing the ukulele is your TV time for the next two weeks. If Josh, a busy father and entrepreneur, can make the time, then the rest of us can too.”

—LAURA VANDERKAM, author of *168 Hours* and *What the Most Successful People Do Before Breakfast*

“Lots of books promise to change your life. This one actually will.”

—SETH GODIN, author of *The Icarus Deception*

About the Author

JOSH KAUFMAN helps people make more money, get more done, and have more fun. His first book, *The Personal MBA: Master the Art of Business*, is an international bestseller. He lives in Colorado.

Users Review

From reader reviews:

Julia Gilmore:

Do you have favorite book? Should you have, what is your favorite's book? Book is very important thing for us to find out everything in the world. Each book has different aim or goal; it means that reserve has different type. Some people feel enjoy to spend their the perfect time to read a book. These are reading whatever they

get because their hobby is actually reading a book. What about the person who don't like examining a book? Sometime, man feel need book once they found difficult problem or perhaps exercise. Well, probably you will need this The First 20 Hours: How to Learn Anything . . . Fast!.

Anthony Lucas:

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