

er Learning (Science of Accelerated Learning, 2nd Ed

author: Peter Hollins

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Synopsis

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| inLanguage | english |

Make learning painless, exciting, habitual, and self-motivating. Absorb info like a human sponge.

We've never been taught how to learn, and that's a shame. This book is the key to reversing all the misconceptions you have, and make learning fun again.

Scientifically proven, step-by-step methods for effective learning.

Smart Learning is not a textbook - it's a guidebook for your journey in learning. It will show you the most effective methods, the pitfalls we must avoid, and the habits we must cultivate. This book is highly organized and addresses all phases of the learning process, from creating a positive environment, to the biological basis of memory, to learning theories, and more. It borrows from multiple scientific disciplines to present comprehensive techniques to simply learn more, faster.

Master your approach and save countless hours.

Peter Hollins has studied psychology and peak human performance for over a dozen years and is a best-selling author. He has worked with a multitude of individuals to unlock their potential and paths toward success. His writing draws on his academic, coaching, and research experience.

Smarter, faster, and better ways to achieve expertise.

- The physical and psychological pre-conditions to effective learning.
- How our memory works and how to make it work for you.
- The learning techniques that work - with evidence.
- How to never need to cram again.
- Why Einstein loved to play violin while working.
- The learning mistakes you are probably committing right now.

Outpace others, beat the competition, and get where you want to go in record time.

Learning to learn is one of the most valuable skills that you will ever possess, because it unlocks everything you want in life. You will achieve better grades, better work product, better relationships, more enjoyable hobbies, and each day, you will grow closer to the life you truly want.

Reader's comments

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