



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

By Josh Kaufman

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Forget the "10,000 hour rule"... what if it's possible to learn any new skill in 20 hours or less?

Take a moment to consider how many things you want to learn to do. What's on your list? What's holding you back from getting started? Are you worried about the time and effort it takes to acquire new skills - time you don't have and effort you can't 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?

To make matters worse, the early hours of practicing something new are always the most frustrating. That's why it's difficult to learn how to speak a new language, play an instrument, hit a golf ball, or shoot great photos. It's so much easier to watch TV or surf the web...

In *The First 20 Hours*, Josh Kaufman offers a systematic approach to rapid skill acquisition: how to learn any new skill as quickly as possible. His method 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'll go from knowing absolutely nothing to performing noticeably well.

This method isn't theoretical: it's field-tested. Kaufman invites readers to join him as he field tests his approach by learning to program a Web application, play the ukulele, practice yoga, re-learn to touch type, get the hang of windsurfing, and study the world's oldest and most complex board game.

What do *you* want to learn?

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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.

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