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Cheatsheet

Half the readers of business books give up at about this point, a dozen pages in. Here's what you'll miss if you stop reading now.

You will work smarter and learn faster if you...

- Commit your job, career, and personal goals to writing.
- Track your progress on a daily basis.
- Learn with other people.
- Seek new challenges, leave « FamiliarLand ».
- Take on stretch assignments.
- Know your strengths and emphasize them.
- Recognize that most of your learning comes from experience.
- Sketch things out.
- Take frequent breaks.
- Avoid multitasking.
- Apply your signature strengths.
- Make relationships work.
- Refine your social network.
- Participate in a community of practice.
- Reflect on what you learn, how you learn it, and how to improve the process.
- Work out loud, share what you learn with others.
- Get feedback.
- Talk business.
- Break nasty habits.
- Tell stories.
- Share your goals and progress with others.
- Be mindful.
Select news and information from the best sources.
- Refine your crap detectors to filter out garbage.

Introduction

*Learning is a lifelong process of keeping abreast of change.
And the most pressing task is to teach people how to learn.*
—Peter Drucker

Links for this chapter: <http://www.reallearning.biz/intro-2/>

Aha! is that magic moment when you understand something new. Do the exercises outlined in this book, and you will experience many Aha! moments.

The ideas and practice exercises you find here will help you improve how you learn through experience, make sense of the world, work with abstract concepts, cope with complexity, and solve problems.

These are all markers of intelligence, which psychologist David Wechsler argues is the “capacity of the individual to act purposefully, to think rationally, and to deal effectively with his environment.” [1] In other words, this book shows you how to become more intelligent.

Discovery, not spoon-feeding

You learn more from finding something out for yourself than from hearing it from someone else. This book will get you started with enough information to figure out how a particular pattern of learning works, with pointers for putting it into practice. Nothing more. Do not expect any spoon-feeding. Neither of us have the time.

Act

The primary lesson of *Real Learning* is that you learn by doing. If you seriously want to be smarter, you have to put things into practice. The text will be marked liberally with JDI, short for “just