



The key to study skills: Simple strategies to double your reading, memory and focus

By Lev Goldentouch PhD, Anna Goldenouch

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The Key to Study Skills is a guide for simple strategies to Double Your Reading, Memory, and Focus. Written by the creators of the #1 bestselling course "Become a superlearner" and a book with the same name, the book includes everything you need to read 1000 words per minute and remember almost everything you read. At this speed would let you read Harry Potter and the Sorcerer's Stone in just 77 minutes. The Bible would still take 13 hours... In today's information-driven society, effective learning is the key to a successful career and a happy life. As the demands on our learning capabilities continue to grow and outpace our old learning methodologies, there becomes an ever more pressing need for advanced memorization methods, speed reading skills, and analytical thinking to multiply our learning and creative potential. Similarly, we can use these same techniques to overcome both perceived and diagnosed limitations to our learning skill-set. The skillset taught by this book is intended for everyone. The students who suffer from dyslexia, ADHD or other learning disorder acquire the speed reading skill and report improved focus, joy from learning and increased focus. For the last decade, learning enthusiasts Anna and Lev Goldentouch have taught thousands of students, culminating in the blockbuster course created in collaboration with one of their star students: Become a SuperLearner. Every challenging student question and every difficulty encountered through thousands of hours of research has been crystallized into this book. Join Lev and Anna in a fascinating quest to discover the key to study skills, memory mastery, and supercharged reading.

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Editorial Review

Review

Dr. Lev and Anna Goldentouch have the ability to make difficult concepts clear in an easy to follow, well laid out and organized manner. One of the main techniques they teach is speedreading. Speedreading is a scientifically verifiable art and only the likes of Lev and Anna could convince me to try it. Plus, they have taught me new things about the art of memory that I will cherish and share for the rest of my life. Together, their instantly applicable lessons in learning make *The Key to Study Skills* invaluable.

- *Anthony Metivier, Ph.D., MagneticMemoryMethod.com*

Have you ever felt like you don't study well or retain any information you read? Or maybe you do but want to be faster at it? *The Key To Study Skills* gives you all the tools, techniques, and tips to help you do just that. This book is jam-packed with information, from how to improve your memory, to speed reading, to how to study and learn better in general. This book is your one-stop shop to becoming a studying MACHINE!

- *Nelson Dellis, Three-time U.S. memory champion*

From the Author

Anyone can read 1000 words per minute and remember 80% of the text for the rest of his life. The tricky part is having guidance, motivation and perseverance to learn speedreading. This book is a result of hard work and lessons learnt by our 40 000 students. With its help, you are able to multiply your reading speed and memory skills. We hope that speedreading and memory training will be as joyful and fruitful for you, as it is for us.

About the Author

The Key to Study Skills is an advanced guide filled with powerful strategies to double your reading speed, improve your memory, and dramatically increase focus. Written by the husband-and-wife research team behind the #1 bestselling online course and book "Become a SuperLearner," this book includes everything you need to achieve a reading speed of up to 1,000 words per minute – and remember almost everything while you do it. At this speed, you could read *Harry Potter and the Sorcerer's Stone* in just 77 minutes. The Bible would still take 13 hours, though. In today's information-driven society, effective learning is, quite simply, the key to a successful career and a happy life. As the demands on our learning capabilities continue to grow and outpace our old learning methodologies, there becomes an ever more pressing need for advanced memorization methods, speed reading techniques, and analytical thinking to multiply our learning and creative potential. Similarly, we can use these same techniques to overcome both perceived and diagnosed limitations to our learning skill-set. Though a bit more in-depth and less rigidly structured in its approach than our entry-level course and book, the skillset taught by this book can be adopted by anyone - beginner or novice. Even students who suffer from dyslexia, ADHD or other learning disorders can acquire speed reading skills, and in fact, they often report improved focus and increased joy from learning. For the last decade, learning enthusiasts Anna and Lev Goldentouch have taught thousands of students, culminating in the blockbuster course created in collaboration with one of their star students, Jonathan Levi. For the 50,000+ students who have sought its very deliberate, guided, and step-by-step approach, *Become a SuperLearner* has been and remains a tremendously powerful resource. However, for autodidactic students seeking more advanced techniques and a less rigid structure, *The Key to Study Skills* offers a new and unique experience. Each of the most challenging student questions, as well as every difficulty encountered through thousands of hours of research has been crystallized into this advanced book.

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