

Whether you re training to play the piano, speak a foreign language, shoot a target with a bow and arrow, or master the techniques of fine carpentry, the conditions of your training will affect how successfully you learn and perform. How can you process needed new information in order to remember it better and use it in the future? How long should you work, study, or practice before taking a break? How can you counteract fatigue and boredom to improve performance if the task is tedious? This book shares practical tips to help you learn quickly, remember what you learn, and apply it to real-world performance.

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