

# LEARN ENGLISH

**300%  
Faster!**

**69 TIPS**

**to Speak  
Like a Native**

**3rd Edition**

**SEBASTIAN  
ARCHER**



**Learn English**  
**300% Faster**

**69 Tips** to Speak English Like a Native  
English Speaker!

By  
Sebastian Archer

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## Introduction

*“The English language is a work in progress. Have fun with it.” – Jonathan Culver*

You can learn English much faster than you probably realize.

This book is designed to give you the most powerful tips, tools and techniques available in the world today. So that you can learn to speak English much faster, with confidence. And most importantly, so that you really start to enjoy speaking English too!

Just like a child feels incredible joy in simply expressing themselves when they first learn to speak. In this way you will find great natural pleasure in learning English, and progressing *really* fast.

We live in a wonderful time for any English-learner.

Over the last 30 years so many incredible advances have been made in cognitive neuroscience, memory techniques, and understanding of the human brain and how we learn languages. People all around the world are having the wonderful pleasure of learning to speak English fluently in *months* instead of years.

Just imagine how good that will feel when this is you!

Unfortunately 95% of students, English schools, English teachers and creators of English courses don't understand these simple, powerful techniques. They still teach English in the same way as it was taught 100 years ago. Turning something that should be pleasurable into a long, boring, difficult, even painful journey.

I know. I have seen it.

Over many years teaching English in the UK and 8 different countries I've seen so many students suffer for no reason. Wasting money and time following bad advice and bad lessons with bad teachers. Not progressing and therefore feeling bad about themselves. Losing motivation.

It's so sad to see, because it can be so much easier.

I've created this book to try and make a difference. Because I have studied thousands of students who learn slowly, and thousands of students who learn quickly. And I've seen what works and what doesn't.

I also studied and tested the techniques of some of the best language learners and language teachers in the world. Language masters like Michel Thomas, Benny Lewis, Daniel Tammat, Tim Ferriss, Dominic O'Brien and many more. All their most important and powerful lessons are explained here in this book, in simple, easy to follow steps.

If you begin to follow the tips and techniques laid out here, you will certainly increase how quickly you learn English – by 300% and more!

Just a note, the focus of this book is on how to *speak* English fluently as quickly as possible. I believe this is what most students of English desire, rather than memorizing grammar and spelling. If you wish to learn how to read and write English, or how to pass grammar tests, then first use these techniques so you are speaking English confidently and fluently. Then learn all the rest later.

In chapter one, you'll discover a wonderfully refreshing way to think about the English language. A very important part of learning quickly is having the right beliefs and the right motivation, so that when you use the right techniques, they really take effect quickly.

Chapter two will teach you how to start speaking full English sentences instantly, and how you can use early wins and successes to fill yourself with confidence and the simple pleasure of communicating in English.

In chapter three you will learn the three biggest mistakes most English students make. If you avoid these three mistakes you can instantly double how quickly you learn to speak with confidence.

In chapter four you'll learn how to begin having real conversations with a native English speaker in the next few days. How to have the confidence to do this, and how to find and choose the right English conversation partner cheaply, wherever you are in the world.

In chapter five you'll learn the single greatest thing you can do to super-charge your English if you are visiting England, the USA or any other native English-speaking country. Hint, it's not taking an English course!

Chapter six will give you effective strategies for destroying your fear of speaking English, which is probably the number one obstacle to progress for most students.

Chapter seven teaches the power of effective listening to improve your comprehension at record speeds. Learn how to easily find fascinating things to listen to in English all day long.

Chapter eight will show you how to use Pareto Efficiency to learn the right words first, and not waste your time with vocabulary and phrases you will never use. So that you learn the words and sentences you actually need to know to start using English in real conversation in weeks, not months or years. Plus the 100 most common words in the English language.

In chapter nine, we'll reveal a surprisingly simple way to make sure you are focusing first on the English language you personally will use the most. It's like a personal Pareto Efficiency strategy.

In chapter ten, you'll learn a simple technique to instantly start using 5% to 10% of English words. The truth is you *already know* these words – and you're about to find out how and why.

Chapter eleven will teach you how to learn a new word instantly and permanently by using some simple but powerful memory techniques developed by world memory champions.

In chapter twelve you'll learn another extremely powerful way to remember words. Follow and optimize the natural pattern of your brain as it remembers and forgets – learn how here.

Chapter thirteen will teach you how to use flashcards like the masters do. How you can instantly create wonderful flashcards using a free specialist online tool to double your learning speed.

In chapter fourteen, you'll learn how to use the simple power of setting SMART goals to focus your mind on English and make it easier to progress more quickly. And you'll learn the biggest mistakes students usually make with these goals and how to avoid them.

Chapter fifteen will help you prepare optimally for English tests. A method that creates the actual test conditions beforehand so that you are getting real practice, and when it comes to the actual test, you will be calm and 100% ready.

In chapter sixteen, learn why it's so important to choose any English course you follow with great care.

Chapter seventeen will teach you exactly how to make learning English a daily fun habit, which you can't wait to do! With a secret technique that doesn't mean more willpower, just wiser willpower.

Chapter eighteen gives you the 3 magic questions which will make learning English pronunciation 10 times faster.



And also 10 times easier to remember. Here's a hint, the trick is not just to use your ears...

In chapter nineteen, you'll learn how grammar can be fun and simple. The incredible truth behind grammar that will mean you can almost say goodbye to dense, boring grammar books.

In chapter twenty, learn the best way to read in English, so that you are really absorbing the vocabulary and sentence structures in a way that improves your speaking skills.

Chapter twenty one will teach you the methods and attitude that you can use to take your English from simple conversation up to the next level, and real mastery. Learn what makes the difference between learners and masters, and how you can become an English language master.

In chapter twenty two we'll cover a quick super-tip to make you sound like a native English speaker as rapidly as possible.

In chapter twenty three, we'll give you 21 of the best online tools (mostly free!) for rapid English learning. Many of these resources are amazing. Most are free or very cheap. With them you can learn English ten times faster, starting right now.

And in chapter twenty four, we'll cover a very important aspect to learning English, which is how to recover very quickly when you have taken a break from learning English.

With all these tips and tools under your belt, you will have an incredible advantage over any other English learner. Ready to begin? Let's start with how you can change the way you think about learning English so that it becomes easy and fun!

# Chapter 1: How to Think Like an English Language Master

*“What we learn with pleasure we never forget.” – Alfred Mercier*

Your goal is to be able to comfortably talk English. And to get there you have to enjoy the journey.

People who master languages teach themselves to enjoy the process.

The truth is learning English and simply making progress is a pleasure in itself. This means making progress in ways that mean something – forming sentences and expressing yourself and being understood is very pleasurable and satisfying. You see and feel inside that you are making progress. Memorizing long boring lists of verb conjugations isn't fun or satisfying.

Perhaps in the past a bad teacher or a boring textbook or too much pressure made learning English feel unpleasant for you. If you find yourself getting stressed or unhappy when you have to study, now is the time to turn that around. And the key to that is by starting afresh.

Try to read this book with an open mind. Put the strategies into practice. Notice how quickly you begin to improve, and feel good about it. The next chapter teaches exactly how to do this.

## **Relaxing and having fun improves your memory**

Remember this. If you have been learning the wrong way, as most English students have been, you won't be feeling very good about learning at all. And so you won't be remembering things well either. The key to changing this is to become intelligent about the way you learn.

Think about any young person who has a hobby. What is one of your great lifetime hobbies?

If it's a sport like football, you will find it easy to remember hundreds of players and hundreds of facts about all the teams, and the league tables, and who scored in specific matches, even years ago. If your hobby is a card game you will know hundreds or thousands of cards and all the possible combinations and strategies. If you love celebrity gossip, you will effortlessly know hundreds of names and facts about all the famous people in your country.

You don't try hard to remember these things, your brain just memorizes them, because you enjoy it and feel good about it. You never sit down and say 'ok, let's see if I can remember those names. Or these facts.' You don't ever test yourself. You just remember them easily.

You remember these facts so easily because you love it, you are passionate about it, you talk about it with your friends. It is fun. So these facts just stay in your mind, you don't have to spend hours trying to remember them. Your mind just does the work for you.

When you begin to turn English into a simple pleasure, by following the strategies in this book, you will tap into this amazing power your brain has to easily remember things. English will become easier for you, and you will simply double your learning speed.

### **Focus on creating fun**

A good first step is whenever you sit down to 'do' English, always get nice and comfortable. Sit in a comfortable room, in your favorite chair. Get a nice cup of tea ready. Take a deep breath and relax. Don't think about results and work. Try to get into the same feeling you would have if you were about to sit down to a challenging but fun game with friends. Something you have to apply your brain to, but something that is fun, like a not-too-challenging puzzle.

When you prepare to play a game, you relax and you fully engage your mind. You know the game is going to be a bit difficult at times, in fact you want it to be or it would be no fun at all. And the important thing to making English fun is bringing all your attention to the task, as you would with a game. While at the same time remaining relaxed.

You've decided to engage in this activity, this 'English Game' anyway, so why not bring all your attention and effort to it. Treat it like a slightly challenging game. Forming every sentence is a delicious little puzzle to solve. Understanding that every nuance of a sentence you hear is a clue. Create an environment to focus when you sit down to English, cut out distractions. Find a conversation partner with the same attitude towards the language. We'll talk about how to do this in a minute.

### **Break English down into bite-sized chunks**

Learning English might seem like a huge task. A little scary. Too big to seem easy. But it's actually not so big at all.

Like any seemingly large task, the best way to start feeling really confident about it is to break it down into smaller pieces. Then each piece feels easier, and it is. When you master each chunk, and can suddenly make sentences and really start speaking, you feel strong and confident. You realize the truth – that you CAN speak English. And because of this you start to enjoy it more and more.

You can start to break English down in many ways. You'll learn how to do it in this book. Like learning the most common words first, learning which words are your friends, learning the most common sentence structures.

Always remember that native English speakers only use 1,000 to 1,500 words in normal day-to-day communication. In fact, many people use less than 1,000 words! And they can express everything they want to. You can say almost everything you need to say in English with just 700 words. And you can just about say over 70% of all communication in English with just 300 words.

Now, don't you think it's a good idea to learn what those 300 words are and learn them first?

On top of this, you'll soon be using memory tricks to remember words faster, and various other techniques to break English down and make it possible to master in small, simple steps.

### **Don't avoid mistakes. Try to *make* mistakes**

Most learners worry about making mistakes. Actually, English is all about communicating, and as you will learn it's easy to start doing this from day one, and then every day, with great joy. Communicating can happen perfectly well even if you make mistakes.

So start making mistakes! Enjoy making them, laugh when you do. Just keep on communicating, and mistakes will naturally disappear over time. Don't fear mistakes in English, embrace them. They are your friends.

Other people are always impressed by English learners who really speak with joy and confidence, even if they make lots of mistakes. Don't you agree?

### **Adults are better at learning languages than kids**

A study at the University of Haifa found that adults are in fact better at grasping and using new grammar structures in English than children. Adults are in fact better at learning languages than kids!

This is the opposite of what most adults believe.

And it should be encouraging to remember this. What really makes the difference is that very often kids *have to*

learn languages. They are simply forced to so that they can communicate. They have real motivation.

Also, children enjoy the process of learning. They have not yet been taught by bad schooling that it's wrong to make mistakes. So kids don't feel bad if they make mistakes, they know the truth that it's normal and not a big deal to make lots of mistakes. In fact, it's fun to make mistakes and then to progress past them. It's all part of the learning process, and kids know it instinctively.

On top of this, children learn to speak languages in the real world. They want to express something to their mother or father or friend. They want to make a sentence right there so that someone can understand them! They don't sit in a strange classroom in rows, repeating lists of vocabulary or grammatical terms. English is living and breathing for them.

They learn the language purely because they want to communicate. Every new thing they learn they use in a sentence and in a real conversation *immediately*. And this is exactly how you should learn English from now on.

And one last thing to consider. Children actually take a huge amount of time to learn any language. Think about it, they practice pretty much full time from when they are about one-and-a-half years old until they are seven years old, and older. They practice and learn several hours every day, for years. Adults, on the other hand, often spend a few hours a week practicing a language. We tend to have less time to dedicate to the task.

So, hour for hour, adults put less time in, but can progress faster because as adults we can study the language with more intelligent strategy. The techniques and strategy in this book aim to help you turn into a refined English-learning machine.

Think carefully about these mindsets around learning English. How do you see yourself when you learn? One huge key to adopting these ways of thinking is in the next chapter.

### **Key Tips**

1. Focus on making English learning *fun*
2. Treat English like a game – fully focus when you sit down to play, and relax at the same time
3. Use the learning strategies here to freshen up your English-learning experience and make it more fun
4. Don't avoid mistakes, try to make more mistakes – fail your way to fluency
5. Remember, adults learn languages faster than children

6. Start by controlling the way you think and feel about English – the roots of your learning journey

## Chapter 2: How to Feel Great & Start Winning at English Right

### Now

*“Just play. Have fun. Enjoy the game.”* – Michael Jordan

Our brains are hardwired to move towards pleasure. We do things that feel good to us. We do them effortlessly and for long periods of time without wanting to stop.

So one important thing when learning English is to make it feel really good very quickly. This is easy to do. It's all about how you learn and how you recognize the progress you're making, and then how much you smile and celebrate and help yourself to feel great about it.

If you want to feel a lovely warm burst of success and confidence every time you sit down to learn English, then the number one thing you should do is impress yourself by *speaking full English sentences*.

Make full sentences from the very beginning when you're learning English. As you will see in the next chapter, it's a very big mistake to sit in English classes learning independent lists of words and grammar with other students. Because firstly, it's incredibly boring, and secondly, at the end of classes like that you have not been speaking real English. So you don't feel like you're getting closer to your goal of speaking real English with confidence.

When you focus on English for an hour, learn a few very common words (see the upcoming chapters) then *immediately* use them in full sentences. When you learn 'to go' start saying full sentences with 'to go' right away, don't wait.

*'I want to go to the cinema because I like movies.'*

*'When did you go to London?'*

*'She goes to work at 9am every morning by bus and she buys coffee on the way.'*

These sentences are fine for complete beginners in English. Think about it, they are grammatically very simple,

yet they are long and rich with meaning – exactly the type of sentences we native speakers use in everyday English conversation. Of course, at higher levels you can use more complex structures if you like. But always remember that everyday spoken English is in fact quite simple, in terms of the grammar used.

I use present simple and past simple 500 times a day. And I don't think I've made a sentence in 'future perfect' since 1999. There is a big myth around language learning – that you have to know the most complex grammar to be an advanced speaker. Actually, you can speak wonderful English with very simple sentence structures. If you don't believe this is true, just look at the sentences in this book. I am writing almost exactly like I speak. It's pretty simple language, don't you think?

Repetition of the basics, with slight variations, is the key to any skill – especially English. Bruce Lee has a great quote about this;

*“I fear not the man who has practiced 10,000 kicks once. But I fear the man who has practiced one kick 10,000 times.”*

So from the beginning, make realistic sentences. And practice the simplest structures 10,000 times, like Bruce Lee. At every level of English, make long sentences, because you *can*. And because that is how we speak naturally. You are instantly using the language – you are speaking English just as you will on the streets of London one day.

Study with someone who understands this, and who is intelligent enough to use these strategies to help you make these full sentences and have little conversations. We'll talk more about how to find and train such a conversation partner later on.

Every time you sit down to learn English, try to have a little conversation. And repeat and repeat and repeat. Practice the new word inside 5 or 10 or 20 different sentences. You will feel great because you are *instantly* using it in real spoken English!

Do not feel like you have to practice lots before you begin talking in English. You can begin talking in English NOW. So just begin. Put every new word into 10 or 20 full sentences and see how good it feels.

If you're alone, speak it out loud anyway. Talk to yourself – it's a great learning habit. Don't be shy, no one is going to hear you. And if you're in a café, you can pretend you're on the phone or something.

### **Give yourself early wins and celebrate**

This is how you can feel like you are winning from the very first lesson – by speaking full sentences all the time.



And just as important is to notice that you are speaking a full English sentence and *celebrate*. Feel pleasure about it, reward yourself. Pat yourself on the back.

If you are a bit of a perfectionist like me, and you're always looking for the errors so you can improve, then at first it might be hard to see the successes. But actually, when you are learning English there are so many times when you can celebrate.

Every time you learn a new word and then use it in a good sentence, that's fantastic! Really, do allow yourself to feel pleasure at this. You will see, this starts to create real pleasure in your mind relating to English, and you will begin to get addicted to it, like with a fun game where you have many small wins often.

### **Stop comparing to others**

One thing you may have to do is stop comparing your English skills to other people. Comparison robs yourself of joy, and it's completely unimportant how well other people are doing. Just stay focused on your own adventure with English, notice the little steps forward you are making every day, and celebrate them.

A good way to stop caring about comparison is to think of English in the same way as a game you play, perhaps a board game, like we mentioned in the last chapter. When you sit down to play a game with a friend, you are competitive, but only because it is fun to be competitive. You are still creating a fun moment with a friend. You are working together to have fun. Treat English the same way.

There is an exception to this – if you are a very competitive type of person, and you love to be motivated by competition, in this case, comparing to others might be beneficial for your learning speed. Just make sure it's only motivating you and driving you forward, and not causing any frustration, or stealing the joy from your learning process.

As you begin moving forward in this way you will begin to really enjoy English and start to progress faster and faster. And whatever you do, stop making the three main mistakes English learners make – explained in the next chapter.

### **Key Tips**

7. Focus on creating full, real English sentences every time you learn a new word
8. Repeat the simplest, most useful English structures many times – they are the bread and butter of your language skills
9. Recognize every little success, every little win – and celebrate them all!
10. Stop comparing to others, unless you just love competition

## Chapter 3: The Three Biggest Mistakes English Learners Make

*“Human intelligence is richer and more dynamic than we have been led to believe by formal academic education.”*

– Ken Robinson

As we discussed in the introduction, the English language is often taught in strange ways. Using methods that were decided 200 years ago, or even more. In a time when people simply did not understand the science of learning as well as we do today. As a result of these bad ideas, there are lots of mistakes in the way people learn English and other languages too. You may be making one of these three mistakes, which slow English-learners down a great deal.

### **Mistake One: Learning in a big class of other students**

Do not learn English in a class. If you are in one, consider leaving it now. The problem with classes is that you are mixed in with a group of other people, so you are not speaking all the time. It is not a very focused method of learning.

I have seen problems with classes a thousand times. They always slow down to the speed of the slower students. It's inevitable, impossible to avoid. The teacher is paid to pay attention to all students equally. So they take their time focusing on the slower students and making sure they are happy. The faster students suffer as a result, and learn much more slowly than they should do.

After this book you will become a very fast learner – much too fast for any shared class.

Another reason to leave English classes is that most of them are simply bad quality. Even in so called ‘good’ English schools. Most English teachers do not understand the concepts in this book and use bad teaching materials.

On top of this most English schools want long term students who take years to learn, paying for classes. There is a conflict of interest here. Very few schools want students to be able to speak fluently in a few months and then leave. Because they will lose money and it's hard work to find new paying students. They have no real motivation at all to keep on improving and improving their teaching techniques.

Another reason to avoid class-based lessons is that education is evolving very quickly. It is becoming increasingly apparent that the teacher-led classroom-based way of learning is obsolete. This system of learning was developed during the industrial revolution in Great Britain, in order to train young people to enter the administrative world of the British Empire.

It is a very left-brained learning system. It's all about discipline and stopping your mind wandering, and listening to the teacher, and preventing individual creativity and expression, while memorizing huge lists of facts. It's about training thousands of well-behaved young people who don't think much for themselves.

Today we know something about learning that they did not know 200 years ago. Well, we know many things. First and foremost, we know that the human mind learns through creative thought, individual expression and freedom to learn in a way that feels best to you. Learning a language is a very right-brained activity. It requires fun and a high degree of self-direction, driven by the fun you are having. So you are kind of pulled forward by your own passion and curiosity.

Classrooms were designed 200 years ago to kill exactly this process. So why are we still teaching and learning this way today?

One more thing about classrooms (although I could talk about it all day). It's quite likely that you have bad associations with classrooms in your mind, from your school years. If you're like myself or most people, you probably don't think of classrooms as places to have incredible fun and exciting new discoveries. This is one more reason not to step into a classroom every time you are about to begin a process that enjoys freedom, fun and self-expression – learning English quickly.

If you're concerned that learning English or speaking English privately with people is too expensive, don't worry. In later chapters you will realize how incredibly cheap it can be to communicate all you like with native speakers. Even cheaper than your English class is probably costing you right now.

### **Mistake two: Learning grammar first**

Children do not learn grammar first. They start learning words to communicate, then short series of words together to communicate more. And it grows from there.

Whenever you learn English from now on, focus on communicating and forming full sentences. As long sentences as possible. Then if you have to, you can quickly learn something about grammar here and there, just so you understand how to make those sentences accurately.

But do not make grammar the main focus of a learning session. Just ask your speaking partner to explain some grammar sometimes, in between making long sentences and talking, talking, talking.

Make communication the focus of your learning. Not the grammar.

Once again, this grammatical focus of most classes comes from the way formal education was developed 200 years ago, when they didn't understand much about the human mind and how it learns best.

For some reason this is still how students are taught today, hundreds of years later. In classes, lined up in rows, with grammar-based lessons. Lots of repeating and work, work, work. No fun.

Always remember that language-learning is a largely creative art. You live and breathe it. You have to be happy and relaxed and enjoying the process.

### **Mistake Three: Speaking with non-native speakers**

Many students feel like they have to prepare for a long time before they are ready to speak English with native speakers. But the truth is the best way you learn is by speaking with native speakers, even from the very beginning.

If you were learning to play tennis, you wouldn't spend all your time practicing serving alone, and learning the theory, and stretching and warming up. You would spend a little bit of time doing that, and then most of the time actually playing tennis. Even at the start when you are not great at it, you will still start playing straight away.

And ideally you would start playing tennis with a good tennis player. But your tennis partner would understand that you are a beginner and slow down. They would help you to gradually get better and better.

Of course, learning English is the same.

Don't waste your time speaking English with non-native speakers. It's certainly better than speaking with no one, but just be aware that with a non-native speaker you are repeating each other's mistakes and may not even be aware of it. Use the advice later in this book to find a native speaker today. But find the right person to help you.

You can first find a native-speaker who understands the way that you are learning and who helps you to progress in a very easy, relaxing, fun way. The next chapter will teach you how.

### **Key Tips**

11. Get out of the classroom!
12. Focus on grammar last, not first
13. Start speaking with native English speakers as soon as possible

## Chapter 4: How to Start Speaking with a Native Speaker Right

### Away

*“You don't learn to walk by following rules. You learn by doing, and by falling over.”*

— Richard Branson

The key to learning English fast is to start speaking early. And also to focus all the time on speaking complete sentences. Not talking about grammar or trying to remember big lists of vocab, or listening to lots of other non-native speakers talk in a large, crowded classroom.

Start making sentences and having conversation *today*. And make sure you are speaking with a native speaker. One who you can feel relaxed with and supported by.

### **Speak English every day**

*“Live is what happens when you're busy making plans.”*

– John Lennon

Many English language learners act like this famous Lennon quote. They are always planning to one day actually *speak* English. But they never begin. They pay lots of money and go to lots of classes, always preparing. Never quite feeling ready to start. Does this sound familiar?

Unfortunately, this can be a big waste of time and money. The truth is you *can* begin speaking English today. So just begin!

It's only important that you have daily (or very regular) conversation sessions with a native speaker who understands your level, and also who realizes how you are learning – using sentences and patient, careful repetition, without too much focus on

grammar. And they should help you follow the strategies in this book.

Even before you find a conversation partner, why not make a commitment to yourself that you will speak English every day, for at least 5 minutes. Even if it's to yourself. You can talk to yourself in the shower every morning. Holding two sides to a conversation out loud. Just have fun with it.

You can just describe what you see when you walk into the kitchen for breakfast. Even this little bit of practice every day can make all the difference.

### **How to find good native English conversation partners & teachers**

We live in such a wonderful time for English learners, because we have so many resources to find people to talk to. In a later chapter you will learn all the amazing online resources to help you learn English quickly.

You have websites like Italki.com – where you can find native English teachers to teach you online for as little as \$5 an hour. It's quite amazing. And of course, use Skype – the number one tool of a language learner who isn't living in a native English-speaking country. See chapter 23 for many more incredible English-learning resources.

Of course, the very best thing you can do is move to a country where English is the primary language. And when you are there immediately get a job or start a course where you are forced to speak English to communicate. But even then you should find a conversation partner who can take it easy on you. Who can slowly, carefully help you progress. Many people go to live in London and still don't improve, because they go to classes and make all the mistakes talked about in this book.

So find the right native English conversation partner, and then train them to help you improve as quickly as possible.

### **How to train your native conversation partner**

When you find someone, give them this book. Explain to them how you want to learn – by making whole sentences immediately. Ask them to:



1. Write down new words you learn
2. Intelligently ask you to repeat those new *words in full sentences*
3. Come back to those new words and phrases every now and again. Using spaced repetition to help you remember them
4. Keep the lesson light, relaxing and fun
5. Mostly ask you how to say certain things in English, so you have to make full sentences. And also sometimes have little conversations with you about things that you want to talk about
6. Talk less and listen more
7. Be very patient and relaxed. Just let you lead the lesson with your questions
8. Don't give you all the answers. Wait patiently for you to remember them. Maybe give you clues to help you

In your lessons 80% of your time should be you, the student, carefully forming sentences and learning to really enjoy it. The conversation partner or teacher should be listening and talking less than 20% of the time. This will empower you and make you progress very quickly in your speaking skills.

I taught English in London for a long time and I met many foreign people who came to live there – friends and students – with the aim to improve their English. Many of them failed to improve. The truth is that you cannot go to London or any English-speaking city and just assume that English will flow into you by magic, out of the air. It doesn't.

If you do plan to visit England or the USA to improve your English, there is one way to really make sure you will fly forward in your speaking skills and confidence. The next chapter will teach you one trick that will make sure you improve your English more in one week than most people do in 3 months!

### **Key Tips**

14. Start actually speaking English (out loud) right from the beginning
15. Speak English every day if possible, even for 5 minutes, even to yourself
16. Find a native English speaker to practice with, in person or online
17. Train them to communicate with you in the best possible way, following the ideas in this book

## Chapter 5: Study a Course IN English – NOT an English Course!

*“Everything is practice.” – Pele*

The English language is something you live and breathe. It is not an academic thing you talk about in a closed classroom. Also, the fastest way to reach a goal is to go straight to the goal. Don't mess around. Go straight there.

What I mean is this. You want to be able to use English in your real life situations, so go and get into real life situations where you have to use English to enjoy those situations.

Going to England to study in an English class could be a complete waste of your time and money.

One hundred times better – go to England and study a course in dance, or martial arts. In cooking, or in yoga. If you are already at a higher level of English, go to London and study a week-long course in acting, or presentation skills, or something that requires a good level of English. Something that will help your career or anything which you are passionate about.

If you are just beginning, go and study a week-long course in something physical. Pilates, tango, karate. Slightly more challenging than these might be cooking or photography.

There are many huge advantages to studying these courses.

1. You practice real English immediately – speaking, listening, everything
2. You grow in confidence and self-belief very quickly
3. You can watch what people around you are doing, so you understand what words mean quickly

4. You make native English speaking friends! This is quite hard for many foreigners to do when they go to London
5. You can talk to people in the class and practice English as much as you like in breaks and after class
6. You will probably save money, usually these courses are less expensive than English courses
7. You have lots of fun and learn a new skill!

The amazing thing about the English language (or any language) is that when you learn the English used in a salsa class, all those basic words and sentence structures can be used anywhere. So familiarizing yourself with the English used in a salsa class is at the same time training you to speak English at a train station, or in a job interview, or with friends in the pub. You are learning the structure of English, with which you can express anything you like.

You are learning very effectively in a class, with lots of repetition of the most common words and sentence structures in the English language. In five days of salsa classes you will hear these sentences so many times, and you can practice asking questions and speaking to everyone around you.

Imagine two people – Haruto from Japan and Maria from Spain. They both go to London for one week to improve their English.

Haruto sits in a boring English class every day, just like he did back in Japan. He repeats long lists of vocabulary, reads bad grammar books and writes exercises in bad course books. He is taught by an English teacher who is a very nice person, but does not understand these modern principles of rapid language-learning.

Haruto makes some foreign friends. He practices a little bit of English with them, even though they also have a low level of English. He makes some Japanese friends, naturally, and spends a lot of time speaking Japanese, so that he can feel comfortable and enjoy his English adventure more.

He doesn't meet any native English people, except to ask for directions on the street.

He doesn't make any English friends. He does not speak much real English all day, he is just sitting in a classroom mostly listening to other students trying to speak English.

After one week he returns to Japan. Has Haruto's English improved? No. Maybe tiny bit. How does Haruto feel? Not great.

Now, look at Maria. Maria signed up for a class in Tai Kwon Do for one week in London. Right from the beginning of day one she is listening to everything in real English.

"Step forward carefully. Kick with your left leg. Higher, a bit higher. Ok, that's great. Now, everybody stop and listen to the next instructions..." etc.

Maria's mind is 100% engaged and is really learning English while enjoying herself. When she doesn't understand something she can look around at the other students. She can ask the teacher. She is practicing lots of English herself, asking questions.

In the break she speaks in English to native English people. She is really practicing English, for real! She is making friends with English people, and a few foreigners of course because it is London.

Every evening she goes for a drink with the others students. And speaks more English. No Spanish.

Later that evening she writes notes on what she learned. She looks up some words she thinks she needs to know tomorrow, maybe some actions and ways to say things. She writes some questions she would like to ask the teacher or the other students. And that night she goes to sleep smiling and tired, from practicing so much English and learning so many wonderful things.

In one day Maria has learned 10 times more English than Haruto did in the whole week. And she has practiced a hundred times more. She is really, truly speaking English. Imagine how much better and more confident Maria will be when she returns to Spain a week later.

Did she spend her time and money well? Yes, she did.

So, which one do you want to be?

Trust me, choose the course in English. NOT the English course.

You will grow in confidence, and you will also learn to love English even more, because you are doing something so much fun with it. Of course when you are choosing your course, choose something you have always wanted to learn. Or maybe choose a skill you already know, then you can improve, and make more friends in England who enjoy the same thing. Maybe one day they will visit you and you can show them a class in your country.

Of course, another excellent choice is to go to England and get a job. I know plenty of people for whom this worked wonders for their English. If you take this step just make sure you get a job where you are interacting with mostly native English speakers all day. If you are only speaking to other non-natives, or worse still, other people from your own country, then you aren't likely to improve quickly.

All in all, a course is more reliable and easy to begin. And it's always going to be fun, which is when our brains learn best.

Now, if you cannot soon visit England or the USA or any English-speaking country, please don't worry! It is not necessary to learn English very, very quickly. Use online resources to find native English to practice with, or find them in your local city. And use all the tips in this book. You will still progress ten times faster than most people who go to London but have on intelligent strategy to learn English rapidly.

Of course, whether you have a conversation partner at home or you visit London for a few weeks, you need to speak and practice. Some people are nervous or afraid to speak English. The next chapter will teach you how to destroy that fear and speak until you are happy, confident and progressing fast.

### **Key Tips**

18. Don't go to the UK or the USA to study in an English course
19. Study another course – like yoga, cooking, salsa or acting – which requires you to understand and use real English all day long
20. Make friends with native speakers as you do
21. Have a conversation partner who can help you with the language of your course, in-between lessons
22. If you get a job in the UK or the USA, make sure you are speaking mostly with native English speakers

## Chapter 6: How to Destroy Your Fear of Speaking English

*“Curiosity will conquer fear even more than bravery will.”*

– James Stephens

English students can often be held back by a fear of speaking, especially to native speakers. Don't worry if this is you, it's quite common and there are many ways to get past it.

Firstly, the entire system in this book is designed exactly to help you learn English in a way that is very pleasurable and which also builds your confidence. Make sure you follow the advice in the previous chapters, focusing on having fun, speaking quickly and speaking early, so that you begin to build confidence and celebrate early wins.

When you progress quickly using these methods, you will feel more confident. Most student's fears of speaking English come from learning in such a bad way, with focus on grammar and trying to get everything perfect before you even try to have a real conversation. When you study this way, actually speaking becomes this big scary thing you will do one day in future, when you feel ready.

### **Work out why you are nervous**

Try to understand your fear, and where it is coming from. This is a good first step. You may have been told all your life that English is a necessary skill for work, and you will be judged by how well you do, and your whole future career and life depends on it. Not surprisingly, many students start to get very nervous about speaking English, when the consequences are made to be so dramatic. Is this your situation?

Or you may have had a bad English teacher, who you didn't like in the past. Perhaps



they made you feel nervous about the language. Try to work out why you are shy with English, then begin to change the way you see it and think about it. This language must become something enjoyable and fun to do. So that you can relax and just start speaking.

And that is the most important thing of all to destroy your fear – start speaking *today*.

### **Top secret for disappearing your fear of speaking English – Curiosity**

This tip works almost every time. When you are in a speaking situation don't focus on yourself. Instead become extremely curious. Become curious about the language, the words and sentences. Become curious about the conversation, the things you are talking about. And most importantly, become extremely curious about the person you are talking to – that's the most powerful tip of all.

When you are with someone and you are really trying hard to understand them, to find out about them, about their life and what they are interested in. In that situation no one cares if you are making mistakes. Everyone will love speaking to someone so genuinely interested in them.

Also, become really truly curious about English. When someone says a sentence and you don't understand, ask them what it means. Try it a few times yourself. Be delighted to discover and use it. Your conversation partner will see your curiosity and will enjoy it, they will want to help you even more. Just like a child is fearless because they are so curious, you can become fearless as well.

Make this your secret weapon against fear – powerful childlike curiosity.

### **Control the speed of the conversation with good phrases**

Part of the fear of speaking English comes from feeling like it will all get too overwhelming. The person will talk and talk and talk, and you won't understand anything. Well, that is just silly. But many people fear this, so it's important to control the conversation, with nice English expressions that communicate to the other person that you need a little help, and a little patience. Use phrases like these

regularly:

*Sorry?*

*Sorry, can you repeat that?*

*Could you speak a little more slowly please?*

*What does \_\_\_\_\_ mean?*

*I don't quite understand you*

*How do you say \_\_\_\_\_?*

*Can you explain that again please?*

*What do you mean?*

Don't be afraid to interrupt people. You will soon see that your conversation partner is happy to help you out.

### **Smile, have fun**

After curiosity, the next most powerful trick to destroy fear is to have fun. Laugh at your mistakes, smile when you say something correctly. Enjoy every little bit of communication going on. When you smile, your conversation partner will smile and relax, and you will smile and relax even more. And as you already know, when you are happy and relaxed, you speak English better.

### **Don't worry if it goes badly**

Some conversations will go badly. It doesn't matter. Think about it, conversations sometimes go badly when you're talking in your own language too! It's just part of life. Smile, take a break. Start again later.

### **Build Momentum**

This is probably the most important part of destroying your fear of speaking in the long run. That is to practice English daily. Every single day, every week, you will get a little more confident, and enjoy it a little more, and feel a little less nervous.

Then one day, you will simply be 100% loving it.

A later chapter will teach you all about the techniques of creating habit and building momentum. Before that, we have spoken a lot about how to start speaking English quickly. Listening and comprehension are very important parts of this. There are many ways you can get excellent practice to develop your listening and comprehension skills faster. The next chapter will teach you how to practice these to improve as quickly as possible.

### **Key Tips**

23. Start having fun and celebrating wins to build confidence and destroy fear of speaking English
24. Work out why you are nervous about speaking English, start to work your way around it
25. Start speaking today – build competence to create confidence
26. Develop your curiosity to turn your focus onto other people and overcome your fear
27. Use phrases to control the speed of conversation, so you are more comfortable with it
28. Drop perfectionism, be happy with poor quality conversations
29. Build momentum, day by day

## Chapter 7: Listen to English Every Day to Boost Your

### Comprehension Skills

*“All the world is my school and all humanity is my teacher.”*

— George Whitman

There are so many ways you can interact with the English language every day, no matter where you live. Make sure that English becomes a background noise to your life. This way English will sink in and you will simply start to relax into it, and feel great whenever you understand something.

Do not delay – start listening today!

You don't have to live in Britain or the USA to be surrounded by English. There are many people who go and live in the UK for years and don't improve much. You can easily hear and watch things in English over the internet for free, and get just as much exposure to the language.

You can get live streaming radio on sites like TuneIn.com, and you can browse Youtube.com all you like. Listen to the news in English, or watch movies and TV shows online. You can even go online and find your favorite TV show dubbed in English! Check out chapter 23 for more online resources.

Perhaps the best thing to do is to learn something you are passionate about, maybe your hobby, but learn it in English. For example, if you love self-improvement you could buy some Tony Robbins audio courses in English. Or if you are into golf, you can buy some audio courses in golfing in English. You will really want to understand everything because you already love the subject so much!

It's a well-known fact that in countries where the English movies are subtitled

people speak better English than in counties where the movies are dubbed. Make sure that your movies have subtitles, not dubbing. You can use DVD's, Netflix or online movie-watching programs like Kantaris to automatically put subtitles on your movies. English subtitles or none at all are best, to give your ears some steady exposure to the language.

It is good to listen to movies and use subtitles. But you have to make a sacrifice here. If you want to really enjoy the movie 100%, and you are watching with subtitles in your own language, then you will not be learning any English at all really. It's much better to listen actively to the English. Take a chance and put the subtitles in English. Then make notes, sometimes stop the movie to look something up. You can even rewind the movie later and watch it again to understand it better.

A great trick to this is to watch a movie you already know well, but this time watch it in English, without English subtitles. Because you know and love the movie, you already understand the story, so you won't get frustrated that you have no idea what is happening. You can focus on the English, learn a lot and still enjoy the story.

Another thing to do is download audio books from your favorite authors. Listen to all these things in your car as you drive to work, or on your smart phone as you walk to college. You will soon be a master of English comprehension.

Now that you know the overall strategies to learning English fast, we will begin to look at some excellent ways to break English down and make it easier to learn the important parts first. So you can start speaking straight away.

The next chapter will show you how to be super-efficient when it comes to learning new words and phrases.

### **Key Tips**

30. Listen to English every day, actively and passively, even if it's in the background
31. Learn a subject you're passionate about, using an English spoken

course

32. Watch movies you already know in English
33. Listen to audio books in English

## Chapter 8: Use Pareto 80/20 Efficiency – Stop Wasting Time on Words That Matter Less!

*“Focus on being productive instead of busy.” – Tim Ferriss*

You don't need to learn all the words of English before you can start to speak it. Remember all we've discussed about building your confidence by learning to speak actual English sentences quickly.

One key to this is to first learn the words that matter most.

Take advantage of the famous Pareto efficiency principle, that 20% of things create 80% of the results. Focus on learning the 20% of words that are used in 80% of English conversation.

The 100 most common words in English (see below) make up almost 50% of words in conversation! The 300 most common words make up 65% of conversation and can be used to express over 70% of conversation. So it is critical that you learn these words first.

Then you have a very strong foundation to begin talking. After you learn the 100 most common words, learn the 300 most common words, then the 1,000 most common words – by then you will have the words that make up over 85% of English conversation among native English-speakers. And you will be able to clearly, accurately express over 97% of whatever you need to.

Below you will find the 100 most common words. But you can also use apps and lists online to give you flashcards that help you to learn the most frequently used words faster. The Anki App is an excellent one to get started with.

### **100 Most Common Spoken Words in English**

1. the
2. of
3. and
4. a
5. to
6. in
7. is
8. you
9. that
10. it
11. he
12. was
13. for
14. on
15. are
16. as
17. with
18. his
19. they
20. I
21. at
22. be
23. this
24. have
25. from
26. or
27. one
28. had
29. by
30. word



31. but
32. not
33. what
34. all
35. were
36. we
37. when
38. your
39. can
40. said
41. there
42. use
43. an
44. each
45. which
46. she
47. do
48. how
49. their
50. if
51. will
52. up
53. other
54. about
55. out
56. many
57. then
58. them
59. these
60. so
61. some

62. her
63. would
64. make
65. like
66. him
67. into
68. time
69. has
70. look
71. two
72. more
73. write
74. go
75. see
76. number
77. no
78. way
79. could
80. people
81. my
82. than
83. first
  
84. water
85. been
86. call
87. who
88. oil
89. its
90. now
91. find

92. long
93. down
94. day
95. did
96. get
97. come
98. made
99. may
100. part

Remember, never learn a word alone. Always put it into many different sentences immediately. As you progress, gradually expand the list so that you are carefully focusing on learning the words that matter. The memory techniques in later chapters will help you to do this ten times more quickly.

When using dictionaries, to make sure that they are helping you to focus on the most frequently used words, you can use smaller dictionaries. They're easier to carry around anyway. You can even find frequency dictionaries, which will have only the 1,000 or 2,000 most common words.

### **Easier words for memorization**

Another way you can be more efficient as you begin learning vocabulary, is to focus on the words which are easier to remember. Of course, the very easiest of these are the words which are the same in English as in your own native language (see chapter 10). Then for the rest of English vocabulary, if you follow the methods in this book, you will be using very effective visual memorization techniques, flash cards and spaced repetition (see chapters 11 to 13). Even if you choose not to use these techniques, you will find it easier to initially memorize words that are more visual in nature.

The focus of this book is to give you a better overall strategy for learning English, rather than giving you the actual components of the English language itself. You can

get them from anywhere, primarily real conversation and the internet.

But because it fits our focus on efficiency so well, here are a list of about 600 words in English – all within the 2,000 most common words – which all lend themselves very easily to visualization techniques. You could set yourself a daily task of memorizing 20 a day over the next two months, and quickly have a very strong and broad foundation of words to fill up most conversational needs. If 20 words a day sounds like a lot, please read until chapter 13 now. If you combine the visualization memory techniques, flash cards and spaced repetition, you will find that 20 words is taking it very easy. There is no reason why you cannot absorb 40 or 60 of these words a day, or even many more. Especially these 600 words, which are chosen because of their very visual nature, making them easy to create memorable images for.

Why not set yourself the challenge, it will be fun and could change your entire experience of the English language, in just a couple of short months. As you read these lists, if other words jump to your mind, add them in, they are obviously more relevant to you. And as the following chapter will emphasize, you should always focus on what is most relevant to you personally. Here are around 600 easy-to-visualize commonly used words by category;

**Verbs:** beat, bend, break, build, burn, buy, call, carry, catch, clean, close, cook, count, cry, cut, dance, die, dig, draw, drink, drive, eat, explode, fall, feed, fight, find, fly, follow, go, grow, hang, hear, jump, kill, kiss, laugh, learn, lie down, lift, listen, lose, love, marry, melt, mix, stir, open, pray, pass by, pay, play, pull, push, run, see, sell, shake, shoot, sign, sing, sit, sleep, smell, smile, speak, say, stand, stop, swim, taste, teach, think, throw, touch, turn, wake up, walk, wash, watch, wear, win, work, write.

**Adjectives:** alive, bad, beautiful, big, large, blind, cheap, clean, cold, cool, curved, dark, dead, deaf, deep, dirty, dry, expensive, famous, fast, flat, female, good, happy, hard, healthy, heavy, high, hot, long, light, light, loose, loud, low, male, mean, narrow, new, nice, nuclear, old, poor, quiet, rich, sad, shallow, short, sick, slow,

small, little, soft, strong, tall, thick, thin, tight, ugly, warm, weak, wet, wide, young.

**People:** adult, man, woman, baby, boy, brother, child, boy, girl, crowd, daughter, family, fan, father, friend, girl, grandfather, grandmother, human, husband, king, man, mother, neighbour, parent, mother, father, player, person, president, queen, sister, son, victim, wife, woman.

**Job:** actor, army, artist, author, doctor, job, lawyer, manager, patient, police, priest, reporter, secretary, soldier, student, teacher, waiter.

**Food:** apple, banana, beef, bottle, bread, breakfast, cake, cheese, chicken, corn, cup, dinner, egg, food, fork, knife, lemon, lunch, oil, orange, plate, pork, rice, salt, seed, soup, spoon, sugar.

**Drinks:** coffee, beer, beverage, juice, milk, tea, water, wine.

**Color:** black, blue, light, dark, brown, gray, green, orange, pink, red, white, yellow.

**Animal:** animal, bird, cat, cow, dog, fish, horse, mouse, pig, wing.

**Transportation:** bicycle, boat, bus, car, engine, gasoline, plane, ship, ticket, tire, train, transportation, truck.

**Location:** airport, apartment, bank, bar, bridge, building, camp, church, city, club, country, court, farm, ground, hospital, hotel, house, library, location, market, office, park, restaurant, room, school, space (outer space), store, shop, street/road, theatre, town, train station, university.

**Clothing:** coat, dress, hat, pants, trousers, pocket, shirt, shoes, skirt, stain, suit, t-shirt.

**Home:** bag, bathroom, bed, bedroom, book, box, card, ceiling, chair, door, dream, floor, garden, gift, key, kitchen, letter, lock, needle, note, paint, page, paper, pen, pencil, photograph, pool, ring, roof, soap, table, telephone, tool, wall, window, yard.

**Electronics:** camera, cell phone, clock, computer, fan, lamp, laptop, network, program, radio, screen, television.

**Body:** arm, back, beard, blood, body, bone, brain, disease, ear, eye, face, finger, foot, hair, hand, head, heart, knee, leg, lip, mouth, neck, nose, shoulder, skin, sweat, tear, toe, tongue, tooth, voice.

**Nature:** air, beach, Earth, fire, flower, forest, grass, heat, hill, ice, island, lake, leaf, moon, mountain, nature, ocean, plant, rain, river, root, sand, sea, sky, snow, soil, earth, star, sun, tree, valley, wave, wind, world.

**Society:** attack, ball, bill, contract, death, dollar, drug, election, energy, exercise, game, God, gun, heaven, hell, magazine, marriage, medicine, money, murder, newspaper, peace, poison, price, prison, race (ethnicity), race (sport), religion, science, sex (the act), sex (gender), sign, sport, team, technology, war, wedding.

**Art:** art, band, instrument, musical, movie, music, song.

**Materials:** clay, copper, diamond, dust, glass, gold, material, metal, plastic, silver, stone, wood.

**Math/Measurements:** centimeter, circle, corner, date, edge, foot, half, inch, kilogram, meter, pound, square temperature, weight.

**Directions:** back, bottom, direction, down, east, front, inside, left, north, outside, right, side, south, straight, top, up, west.

**Seasons:** season, Fall (USA)/Autumn (UK), Spring, Summer, Winter.

**Numbers:** 0, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 30, 31, 32, 40, 41, 42, 50, 51, 52, 60, 61, 62, 70, 71, 72, 80, 81, 82, 90, 91, 92, 100, 101, 102, 110, 111, 1000, 1001, 10000, 100000, million, billion, 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, number.

**Months:** January, February, March, April, May, June, July, August, September, October, November, December.

**Days of the week:** Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, Sunday.

**Time:** afternoon, day, evening, hour, minute, month, morning, night, second, time, week, year.

Once again, as you read through these categories, when other examples jump to your mind with an image attached – add them in and memorize them too!

Not only should you know the most common words used in English, take this one step further and focus on the most common words *You* as an individual will use in English. Let's talk more about this in the next chapter.

### **Key Tips**

34. Focus on learning the words and phrases you will use most often in real conversation
35. Think Pareto Efficiency – what is the 20% of English that gives you 80% of your English speaking ability?
36. Learn the most commonly used 100 words first, then the 300 most

common words, then the 1,000 most common, and so on

37. Use smaller language dictionaries – they naturally focus on the most common words



## Chapter 9: Prepare the English You Personally will Use the Most

*“I think everyone’s weird. We should all celebrate our individuality and not be embarrassed or ashamed of it.”*

– Johnny Depp

When working out the most common words, think carefully about the most common words YOU will use. This is an extra level of efficiency, and it’s also why following English course books is generally a terrible idea. They are targeted at everyone, and no one.

Picture the situations you will get into as you learn English. Perhaps at work, or in a course, or sitting in a restaurant. Getting to know someone, meeting people in a hostel, going out in the evening. Perhaps arguing, agreeing, talking passionately about things.

What topics do you normally talk about with your friends? What hobbies, sports or activities do you normally do? What kind of jokes do you normally make?

Write down a long introduction about yourself (in your native language). Pretend you are introducing yourself to someone who is just meeting you, and you’re saying all you can about what you love and hate, like to do in your spare time, find interesting, talk about, joke about. Write it all down.

Then translate it. Those are your most common words and phrases. Imagine giving opinions on them. Use the resources in this book, and your language partner to make sure you are expressing these things properly.

It makes sense to start English by knowing how to say all the things you want to say. Also, by knowing how to say all that you might need to say.

Are you planning to visit England or the USA? Write down all the things you want to do, all the situations you might get into, all the things you will need daily. Picture yourself in those situations, then write out the conversation in your own native language. Then, again, translate it. And check with a native speaker how you should express these things in a natural way.

Finally, to feel really natural when you speak English, it's important to think about the phrases and expressions you normally say in your own native tongue. What do you like to say to express liking, or disappointment, or great happiness, or curiosity. Start to listen to yourself and notice these expressions. Ask your friends, they will have some fun telling you!

Then translate these. Ask a native speaker how they might say that expression or word in English. Start to memorize them and use them with enthusiasm. Have fun with it. All these are your own personal Pareto Efficient English words and phrases – learn them first, it's the English you'll most need. It's like a personalized version of English.

It's also incredibly useful to understand that you might already know many of these words, and many more common words in English. Because they exist in your language too. The next chapter will show you how to easily speak many words in English, no memorization required.

### **Key Tips**

38. Focus on the English words you personally will use the most in conversation
39. Learn the vocabulary for your hobbies and topics of passion
40. Predict what situations you will get into, and what topics you will discuss in English, focus on this language first
41. Learn phrases and expressions that help you to express yourself in the most natural way for your personality



## Chapter 10: Find Friendly Words in English Which You Already

### Know

*"Everyone smiles in the same language."* – Unknown

It's wonderful to realize that whatever stage of English you are at, you *already* know many, many words!

These words are called 'cognates' or friends – they are words your language shares with English. And there are usually huge numbers of them, whatever your native language is. Identify them early on as you learn English, and you will be able to speak them with confidence.

For example, any word in English ending in 'tion' like information, election, tradition, etc. will often be the same in other latin-based languages or even slavic languages but with a slight variation on 'tion'. In Polish information is *informacja*. You just replace every word with 'cja' for 'tion' – and instantly you have about 200 common words! In Italian these words end in 'zione' or in French they are 'cion'.

There are many identical words in English and other languages. As English spread throughout the world as the number one language for entertainment, business, the internet, and other areas of life. Many new words introduced into English over the last 50 years have simply been adopted into other languages. You probably use dozens of English words every day, without even realizing it.

I can't list all the cognates for all the languages here, but they are very easy to find. To discover which words English shares with your language, go and search on Google and Youtube. There are videos for every language up there. And enjoy the realization that you already know dozens, maybe hundreds, of English words.

You can use these words right away in sentences with the most common verbs and sentence-structures you're using. The very best words to start with in English are words which are both in the 1,000 most common words *and* which are cognates. If you create a small list of these words, then you can instantly use them to make very sophisticated sentences in English. This is fantastic for your confidence.

To work these words out you can find lists of cognates in English and your language online. Then find a list of the 1,000 most common words in spoken English. Then start to explore them, to find cross-overs. You could use the 'search' function on your computer to identify a few words that are in both lists.

Now, for all the other words which you have to remember. The easiest way to aid your memory is to enjoy the process of learning English, as we spoke about before. But there are also some very effective tricks to help you memorize new words ten times faster, and recall them more easily later on. The techniques in the next chapter were developed by some of the world's greatest memory champions. And they are easy for anyone to start using today.

### **Key Tips**

42. Find the English cognates in your language (the words your language shares with English) and start using them first
43. Find the cognates which are also most commonly spoken in English
44. Put them into sentences straight away, recognize and celebrate how much English you can already express

## Chapter 11: Memory Tricks to Remember New English Words

### Instantly

*“You are well equipped with an incredible potential for absorbing knowledge. Let your imagination, the key to learning and memory, unleash that brain power and propel you along at ever-increasing speeds.” – Dominic O’Brien*

Imagination is the fuel of learning. Your memory is very visual. All our brains work better with imagery. And if you can link the sound of a new word to an image, you will retain it more easily. It’s simply how our brains work.

To illustrate how our memory is visual, try now to remember the front entrance to your childhood home. Now open the door and walk inside your old home and follow the route in your mind all the way to your bedroom. Just walk inside, go up the stairs, to your bedroom. Notice all the things you see on the way. You see how easily you can recall that journey?

Now something more difficult. Try to remember the phone number of your best friend. Not so easy, is it?

Numbers and words don’t really have much visual impact. So our minds don’t necessarily store and recall them so quickly. When we learn a new word in a new language like English, we can give our memory a little helper by also creating an image that reminds us instantly of the sound of that word.

So later when we think of the word, the image jumps into our mind, and that image reminds us of the *sound* of the word. Imagine the English word is deep in your brain somewhere, and the new image is like a hook that is attached to the word deep in your mind. So the image helps you pull the hook and instantly bring the word to your lips.

It's easiest to explain this with an example. If you're Spanish and you learn a new word in English, like 'dinner' as in 'let's eat dinner tonight' then you would quickly think of a funny or strong image to remind you of the sound of the new word – dinner.

The English word 'dinner' sounds a little like the Spanish word 'dinero' which means money. So the image you could create in your mind, is you could picture yourself or a man sitting down to dinner in a restaurant, and he is eating a HUGE pile of money. Just stuffing his face with notes and coins – millions and millions in value.

It's quite a funny and strange image. The funnier and stranger the image, the better – your brain remembers pictures like this much more easily. Now whenever you think about that word, this image of a man eating 'dinero' will jump into your mind, and you will remember 'Ahhh, it's *dinero* = *dinner*'.

Try making these images to help yourself when you are learning new words in English. It only takes a few moments to do. You'll be amazed at how much they help!

### **Build an English-language memory palace**

This next step is not necessary, but if you take it you will be able to very quickly build a huge ocean of English words. When you put your image-connected word into a location, it sticks in your mind even more strongly.

Memory champions use this by creating a memory palace. This might sound very strange and impressive, but it is really not that hard to do. You simply need to choose a town or city or area of a city that you know well. You are going to dedicate this area to your English vocabulary.

Then you simply take your new words. For each one create a powerful, memorable image to help you remember it later. And put that image into a place in your city that will be easy to find later on.

So, for example, if you have a word related to sports, like 'tennis' you go to a

sports center in your mind. Ideally an actual tennis court. And you place that image right there. All your sports-related words can be in or close to that location. This way you will be able to visit it in your mind any time you like and instantly recall all these words.

Food-related words could be in your favorite restaurants. Actions related to art and creativity could be in and around your favorite art gallery. And so on.

It really is an advanced memory technique, but anyone can do it. However, whether or not you choose to create the full memory palace-effect, do make images in your mind to help enhance your recall of individual words. It's the fastest way to make words stick.

The next chapter goes into another very powerful method to follow, to make new words and phrases stick.

### **Key Tips**

45. Use visual memory tricks to help memorize new vocabulary
46. Collect these helping images in familiar physical locations in your mind, otherwise known as building a memory palace



## Chapter 12: How to Use Spaced Repetition for Effortless Word

### Memory

*"There is no substitute for attentive repetition."*

– Daniel Coyle

The Spaced Repetition System for memory is another powerful hack into the way your mind works best. Your mind remembers new words and phrases and lessons in English more easily and for longer, the more times it has been exposed to the thing. If you can remind yourself of a new word just before the moment when you would have forgotten it, then it will stay fresh in your mind.

The key to masterful memorization is to give your mind the information again before you forget it. At just the right time. Spaced repetition means timing the new information so that you are exposed to it shortly after you first learn it, then a slightly longer period after that. Then a longer period after that. And so on.

This way the new word is always fresh and feeling recent in your mind. It might sound strange, but it truly works. Try it out.

For example, when you first learn a new English word, it's ideal to remind yourself of it 30 minutes later. Then 2 hours after that. Then one day later. Then 2 days after that. Then you can take a one week breaks. Then you should remind yourself of it 2 weeks after that. Then a month break. Then 2 months. And so on.

This way the new word stays perfectly fresh in your mind.

Of course, when you're learning dozens of new words at a very fast pace, as you will be when you follow the tips in this course. It can be hard to keep up with what words you have to look at when. Or is it?

Fortunately, there's an app for that. Anki App – one of my favorite English-learning tools. Use this app and enter your new words every day. Then the app will remind you of them (lightly test your memory of them) at just the right time intervals in-between, following the Spaced Repetition System.

You can use Anki App and this system for words, expressions and whole phrases. Even grammatical points you are trying to remember. Just put them in and let the app do the clever stuff. Think of how much faster you will absorb and memorize new English following this optimized system, rather than students who have no idea about when to repeat a new word or not.

For the most powerful effect of this memory technique, combine it with the memory tricks of the previous chapter. It's ten times more powerful when used in combination. And of course, combine them with everything else learned in the book. You'll soon be flying forward.

One for the greatest tools for learning English words and phrases, is in fact one of the simplest. The next chapter will show you the right way to use flash cards.

### **Key Tips**

47. Use spaced repetition techniques to memorize new words more effectively
48. Use Anki App to help with this
49. Combine this with the visual memory techniques for a very powerful memorizing system

## Chapter 13: The Power of Flashcards, Done the Right Way

*"We breathe in our first language, and swim in our second."*

– Adam Gopnik

Flash cards are a fun and powerful tool for learning words quickly. Just make sure you use them the correct way.

We already know this means always speaking the word in a full sentence, not just alone. Also, use flashcards on the 100 most common words first, then the 300 most common words and so on.

Make them visual, either draw or print an image on all your flashcards. Remember, your mind and memory responds best to images. To find your images, search on Google Images using the English word (not the word in your language) – this is because you will get pictures that exactly represent the English word as native speakers understand it. Sometimes words have very subtle differences in meaning from language to language.

Also, images can really capture the meaning of a word in a way that is difficult to do with words in your language. When you search for a word or even a grammatical phrase in Google Images, in a few second you will see many images and even graphs that really grip your imagination. You will instantly get a feel for what the word or phrase means.

For example, the word ‘dodgy’ means unreliable and perhaps dishonest. And it’s quite a colloquial word. It’s not easy to translate into many languages. But a quick search on Google Images can give you a great image to use on a flashcard, which will instantly remind you of the meaning. Like this one:



## **Dodgy**

There's really no need to write the word in your language at all. An image does all the work for you. You can use a few different images if it helps, or if the English word has a few different meanings.

You can also color-code your flashcards, by category of words. The best flashcards are homemade because you remember them so well when you make them yourself. But there are many online resources to help you build flashcard collections. Vis-ed.com allows you to buy whole sets.

Flashcards are a powerful tool to help you learn any language much faster. You can also use flashcards in combination with the memory techniques of the previous chapters, for the strongest effect.

One very important method to double your English learning speed is setting the right goals to focus your mind. The next chapter teaches you how to do this properly.

### **Key Tips**

50. Use flash cards to help you memory
51. Use images on your flashcards, a picture says a thousand words

## Chapter 14: Create SMART Goals to Double Your English Learning

### Speed

*"Without goals, and plans to reach them, you are like a ship that has set sail with no destination." – Fitzhugh Dodson*

Setting concrete goals is scientifically proven to increase your learning speed. Our brains are simply directed by goals – the more specific the goals are the better.

Your mind is like a heat-seeking missile. It locks onto a goal, and it just works towards it, gradually, over time, going faster and faster. Even when you sleep, your unconscious mind is working on how to get you closer to your goal.

Studying English without any crystal clear goals is like driving without a destination. If you just vaguely want to get good at speaking English, that is an ok goal, but it is not very concrete. Your unconscious mind doesn't know exactly what *'good at English'* means.

#### **Create SMART goals**

SMART goals are Specific, Measurable, Attainable, Relevant and Time-Bound.

So they are specific and measurable, like passing the A2 English spoken level test with 70% mark. Or successfully studying to a certain level with salsa, in an only English-speaking classes.

Attainable means you are able to achieve it – a goal should be challenging enough to be exciting, but not too hard or it will demoralize you. Relevant means if you are looking to learn to speak English, don't aim for a grammar test. Aim to pass a speaking test. And time-bound means set the target for 3 months or 6 months' time.

To choose your targets it's a good idea to learn all about the European Common Framework for English language learners. Or whatever framework for level testing you want. It doesn't matter, as long as you have some way to measure your progress.

### **Don't take tests too seriously**

One big warning here is to always remember that tests don't really matter! What matters is that you enjoy learning English, and that you become happy and comfortable with speaking it. The test is only a nice little tool to give your mind something to head towards, so you can learn faster.

One reason many students stop enjoying learning English, or start to find it stressful, is because education today is obsessed with tests and exams. When you are only thinking about passing exams, so you can impress your parents, or get a certain job, or prove yourself, or whatever reason. When you focus on tests alone, you can forget how much fun it is to learn English.

Remember the first chapter? Children love learning, because it is just fun to learn. You have to keep that mindset. Always remember the test is just a tool to help your mind gently focus a little bit more and learn a little bit faster. That is all.

Any time you start to feel stressed about preparing for a test, remember you can just drop the test at any time. It's not the real goal. The real goal is to enjoy learning English, and to speak it fluently soon. The test is just to help you get there a little bit faster.

You might find that other people in your life – your parents or friends – take the test very seriously. It's because they don't understand the principles in this book. Don't let the stress of other people get you nervous. This is another reason some people stop enjoying English. Because there is so much pressure and expectations from other people.

Like all things in life, to fully enjoy it for yourself, you have to do it for yourself. Find a way to stop worrying about what other people expect of you. Without

meaning to, they can be holding you back. Take the tests as a tool to help you learn, but nothing more. Don't take them too seriously.

Also, passing a test does not necessarily mean you can have fun speaking English if you go to London or New York. But to make a goal specific so your mind can focus on it, aiming for a test is a good idea. It will supercharge your mind and make you learn twice as quickly!

I do understand that sometimes English tests are important, for your career, not just for personal pleasure. Perhaps a university or future employer wants to see that you have that qualification as proof of your English level. So the next chapter will teach you how to prepare for and pass English language tests with ease.

### **Key Tips**

52. Use clear goals to help focus and speed up your learning
53. Create goals that are SMART (Specific, Measurable, Attainable, Relevant and Time-Bound)
54. Don't' take your tests too seriously, just use them to give yourself some direction, keep having fun and stay relaxed as you learn

## Chapter 15: How to Quickly Prepare and Master English Language

### Tests

*“Of course, it is very important to be sober when you take an exam.”* – Terry Pratchett

When you follow the strategies in this book and put them into action, you will become more confident in English quickly, and you will be able to speak English well. No doubt about it. However, English exams are a different matter.

Tests or exams are designed to test your level of English, but they don't really do this accurately. For my students it has always been most productive to divide English up into two separate skills – English for life, and English for tests and exams.

If you're studying to take your A1 Cambridge or any other exam, there is an optimal way to prepare and get maximum marks. But it is not the same as all the other strategies in this book.

There is one similarity. Like we've talked about before, don't waste time with things you are not likely to use. If you are preparing for an exam, focus on creating that exact situation as quickly as possible. Always think Pareto Efficiency, what's the 20% I should be focusing on to give me 80% of the results I desire?

All exam preparation, from the very first day, should be taking mock exams. Get your English teacher or conversation partner to give you 2 or 3 mock exams – exactly the ones that you will be taking – every week. Set a timer when you do them. Have them ask you the questions in exactly the same way you will be asked in the real thing.

Record your answers, or ask your conversation partner to write down notes. After



you have been through it, look at the expressions you used to answer the questions. Look at what you included, and what you missed out. Think, how can I improve that? Learn the right expressions for starting an answer. Learn the perfect reply, and see what you missed out. Look at where you wasted time and where you should have spent more time.

Then, do the same exam again. Record it or have them take notes. Afterwards look at what you said. What you missed out. What you could have improve upon. Go away and practice by yourself.

Then, guess what, do the exam again. Every time set the timer so you have exactly the same amount of time you will have during the exam. Keep on doing this process, again and again and again.

This way, when it comes to the real thing, you will sit down and feel comfortable, like you have done it a dozen times before. Because you already have!

This is how you prepare for tests and exams in English. Get straight to the point. Buy all the preparation guides and booklets and mock exams that are out there. And always practice like it's the real thing. There's no point preparing any other way.

This includes creating the same feeling of pressure that you get in a real exam. If you are unprepared for the nerves in an exam, they can take you by surprise. So when you practice with your mock exams, do them in a high-pressured way. So that when you enter the real exam you are mentally ready in every way.

If you're going to follow a course, make sure it's one that is designed to reach your goals very quickly – whether it's passing an IELTS test or making fast progress in conversational skill. The next chapter will briefly talk about the only type of English course that matters.

### **Key Tips**

55. Understand that learning English to pass a test is a different skill to

learning English so you can speak fluently, with confidence

56. Focus on mock exams – create the exact conditions you will have in the actual exam
57. Always practice like it's the real thing, create the same pressure
58. Break down carefully the exact requirements of the result you desire
59. Record yourself, analyse your performance, use a conversation partner to get accurate feedback

## **Chapter 16: Follow a Course that Uses All These Principles to Maximize Your Speed of Progress**

*“A good teacher knows how to bring out the best in his or her students.”* – Charles Kuralt

English can be best learned alone. Especially if you are at higher levels of the language. However, it can be very effective to follow an appropriate English course. But such courses are rare.

Any course you follow should be very strongly based on the principles in this book. Especially to emphasize that you relax and enjoy yourself, and then begin making – actually speaking – sentences as quickly as possible. Only learning grammar after you are speaking with some confidence.

The course should follow a Spaced Repetition System, to enhance your memory. And especially importantly, it should focus on getting you comfortable with the most common words and phrases and language structures first. So that very quickly you are making real sentences in the same way that a native English speaker speaks.

I am building such a course. It is designed for beginners in English and lower level students, to get you to a confident level of practical speaking as quickly as possible.

Until it is published, I recommend that you carefully investigate the methodology of any English course you come across. Even a course that leans towards these highly efficient English-learning techniques will be better than one that does not know anything about optimal learning.

Whether you study alone or follow a course, the next chapter teaches you what is probably the number one most important factor in learning anything. Especially the

English language.

### **Key Tips**

60. If you follow an English course, make sure it follows the principles in this book

## Chapter 17: Create a Daily Habit of English

*“Motivation is what gets you started. Habit is what keeps you going.” – Jim Ryun*

Even though you are learning much faster now than you ever thought possible, it will still take some amount of time to reach your desired level. This is why it's so important to do two things. One, create a real joy in yourself for learning English as we spoke about earlier. Two, make it a daily habit.

When your English-learning activities become true habit, you cannot fail. Even 3 or 6 months of study will require some habit. This means making it a part of your daily life.

I had to talk about this point because I see that this is where so many students fall down. Truly, it is always hard to put a new habit into our lives, even one as exciting and fun as learning English rapidly. One of the keys to learning English very fast is to study it with some intensity. This means doing something every single day.

Many students improve a bit, then stop for a while. Then begin again and improve a bit, and then stop for a while. Don't learn English this way. If you follow this '2 steps forward, 1 step' back approach to English it will take you two years to make 20 steps forward.

Instead, just do it every day. Take 20 steps forward in 3 months. This habit-forming intensity is a key success-trait of the best learners in the world.

To help you, there is a very powerful method to implement a habit into your life. I first learned this from Eben Pagan. The concept is called 'habit gravity and escape velocity'.

Please imagine a rocket, about to take off and fly into space, then travel to the moon. The rocket requires a huge amount of fuel in those first few seconds and minutes. It

must travel 384,000 km to the moon. But 85% of its fuel is used up in those first 2 km as it fights against gravity and leaves the Earth's orbit.

Then, as the rocket gets further and further away it needs less and less fuel to fly, until it is just flying automatically and easily, all the way to the moon. By then the rocket has great forward momentum, and it would actually need a lot of fuel to stop, or to change direction.

All the fuel is used up in just that first little bit of the journey.

Now, putting any new behavior into your life is like making a rocket take off. Your rocket fuel is willpower. And you will need a lot of it in those first 30 or 40 days. A lot. Especially if you have not studied English or any language before.

The thing is you only have a small amount of rocket fuel to use every day. You only have a little bit of will power to use every day. The best way you can use this willpower is by forcing yourself to focus only on this new action – learning English. Don't waste your daily willpower on anything else. Make learning English the *only* new thing you are doing for this month. So you won't need to spend your willpower on anything else. Make your life as easy and simple as possible for this month, apart from English.

Then every day for the first 30 or 40 days, make an English-learning ritual. Early in the morning is best. And every day make sure you do it. Before anything else. After the first one or two months you will see that it becomes strangely easy to keep doing. Your rocket is now flying through space.

But first, you have to take off and get there. So prepare for some daily effort in those first few weeks.

### **Key Tips**

61. Create a daily habit with your English, so it does not require willpower to learn

62. Build your habit slowly at the beginning, but commit for 30 or 40 days

## Chapter 18: Pronunciation: Know Your Mouth, the Fast Physical

### System

*“You only need three pieces of information to make any sound: you need to know what to do with your tongue, with your lips, and with your vocal cords, and there aren’t that many options.” – Gabriel Wyner*

Pronunciation can be tricky in English... if you study it the wrong way.

There are several tricks to picking up the correct pronunciation of sounds more quickly. Firstly, listen but don’t always trust your ears alone. Our brains are trained to hear similarities between sounds, so this actually works against hearing small differences.

There are two ways to train yourself to hear and then recreate the different sounds.

Firstly, compare very similar-sounding words like ‘where’ and ‘were’ or ‘two’ and ‘to’ or ‘this’ and ‘these’ – really, minutely, start to hear and feel the differences between them. As soon as your brain can recognize them, that fine distinction will stay with you permanently.

Secondly, use your feelings and muscles to learn the sounds. Not just your ears. Like I said, the ears are not very well-trained to pick up tiny differences in word sound, because we are trained so well to find meaning and similarities. Unless you are a musician, who has very highly trained ears.

But you don’t have to be a musician to get this. Don’t worry.

The key is to make a sound just right, preferably with a native English speaker listening, to nod or shake their head as you try to make the sounds. Then when you are making the sound close to correct, start asking yourself where your lips are.



Put your finger up against your lips and make the sound. Are they loose and flat? Do they form an 'O'? Do they pull out like you are kissing?

Think about where your tongue is when you make that sound. Is it loose and lying at the bottom of your mouth? Is it pulled into a tube-shape or is it pressed against your teeth?

Ask yourself what your vocal chords are doing. Are you pumping a lot of air through, or just a tiny bit? Are you creating a sudden burst of air, or is it a steady stream?

These three areas – your lips, tongue and vocal chords – are all you need to know about how a sound is created. And when you make this close muscle-based analysis of a sound, you will start to really understand it. You will remember it ten times more easily. And you will truly be able to hear yourself.

That's the key to fast pronunciation progress!

An extra bonus with this type of analysis is that you really start to remember the words and sounds well. It's a terrific extra step to add when you are learning new words. If you use them in a few sentences immediately, use memory techniques and spaced repetition. And on top of that you give the word a muscle-based pronunciation analysis. Then that word will stay with you for sure.

One more important factor relating to pronunciation is to listen to and copy the rhythm of full sentences as native English speakers say them. This is another reason why it's important to learn English in full sentences right from the beginning. Because in English, just like in any language, no word stands alone.

To speak English well, you have to quickly master sentences, not words. Most students don't really think about this until much later on. By that time bad habits have set in.

As you begin learning English, listen carefully to the musicality, the rhythm of each sentence as the person speaks it. Really try to copy this rhythm. Act as though you are playing the Englishman. Have fun with it. Be silly if you have to. But make sure

that you are getting a feeling for the intonation in a sentence, and the way it goes up and down. Or the way it all squashes together and then the last part stretches out.

Listening and recreating this sentence-rhythm not only helps you to sound like an English person faster. It also helps you to feel the language better. When you can really feel it you will find it easier and easier to express yourself using it. After all, English is a living, breathing thing. An extension of your personal expression.

That's why it feels so good to learn!

Just as pronunciation can be far easier and faster than you might think, it's actually the same with grammar. The next chapter will show you how.

### **Key Tips**

63. Train your brain to recognize the *differences* between very similar sounds in English
64. Use your muscles to learn how to make a sound – your lips, tongue and vocal chords
65. Pay attention to the rhythm of a sentence as a native speaker says it, copy this rhythm

## Chapter 19: Simplify Grammar – How to Eat Grammar Books for

### Breakfast

*“Whenever you correct someone’s grammar just remember that nobody likes you.”* –  
Jim Gaffigan

Ok, the very first thing I have to say is that grammar is not as important as most teachers and students think it is. What I mean is, of course that grammar is important – it’s how we make sentences – but it is not so important to sit down with a grammar book and learn it. Especially not early on in your English journey!

It’s far better to begin making sentences straight away. As you speak those sentences the grammar hidden inside them is going straight into your brain. That’s how children learn to live and speak their language, and they don’t sit down with a grammar book to conjugate verbs.

However, it is useful to *Quickly* go over the grammatical rules for certain sentences sometimes. Don’t make it the priority of your learning, and do it the fast and effective way.

Grammar can be super-simple. When you see a new sentence structure, make a game out of it. Quickly read it to understand what it is trying to say. Then ask yourself if you see any new words in there. Ask yourself if you can see any new word forms in there. And ask yourself if anything about the word order is surprising you.

So once again. Let’s call these Gabriel Wyner’s three questions:

1. Can I see any new words here?
2. Can I see any new word forms here?

### 3. Is this word order surprising me?

Every new bit of grammar does one of these three things.

Quickly write down your answers on a flash card, or in your notes. Then start using it in sentences, just like always. Make lots of large new sentences. Have fun with it. Move on.

That is the fast and furious way to destroy grammar quickly. Trust me, do grammar this way, and then get back to the fun part of English as fast as possible – actually using it.

Make sure that before you look at a grammar book you are already making full English sentences and speaking English already. Like we've spoken about many times before, old-fashioned English classes from over 100 years ago worship English grammar. They think grammar is the foundation of English-speaking skill. It's not. You have to know your grammar, true. But speaking and sentence structure is the foundation of English as a practical skill.

Make grammar the thing you do later to enhance your English and gain a deeper understanding. Just like reading. The next chapter will show you some excellent ways to read English to improve as quickly as possible.

#### **Key Tips**

66. Don't overemphasize grammar, you naturally absorb a lot of it as you learn to speak, as children do
67. When you encounter a new piece of grammar, look for new words, new word forms, and surprises
68. Use flashcards to help remember grammar rules too

## Chapter 20: How to Read English the Right Way to Progress Faster

*“The more you read the more things you’ll know. The more that you learn the more places you’ll go.” – Dr Seuss*

Reading is a great way to build your vocabulary. Try to read all that you can in English. Appropriate material for your level of English.

A very good system of reading is to find a book that has been turned into a movie. Watch the movie first. Or choose a book where you have already seen the movie. Then read the book, and at the same time listen to the audiobook. You will enjoy the story, as you know it more or less already from the movie. And you’ll hear it spoken. You are giving your vocabulary, sentence structure, grammar, listening skills and confidence all a boost at the same time.

And as we know from Dr. Seuss, there can be a lot of wisdom in children’s books. If you’re just starting out on your English adventure, why not read children’s books, like Dr. Seuss or books from Roald Dahl. If you have a child you could read to them in English and both learn at the same time.

Whatever you’re reading it’s important to relax and not worry too much about obscure, or rare words. As usual, the important thing is that it is helping you get to a confident level of English as quickly as possible. So don’t worry about skipping over holes in the vocabulary – words you don’t understand.

It’s not important for your everyday English that you know exactly what type of silk the lady in the book’s dress is made from. It is important that you understand the general meaning of the sentence about wearing a dress. When you read, be relaxed and happy to let bits of meaning go. This will rarely stop you from enjoying the story too.

Reading is one of the many activities that will help you to advance from a good level of English to very advanced level, and even one day, mastery. The next chapter will go more into detail of how to reach the higher levels of the language in as little time as possible.

### **Key Tips**

69. Read to help your English

**(I promised 69 tips. So all the rest are bonus tips!)**

70. Read a book, where you have already seen the movie version

71. Aim to understand most of it, don't worry about understanding every single word

## Chapter 21: Push Yourself from Simple Practice to Real

### Conversational Mastery

*"Do your work with your whole heart, and you will succeed – there's so little competition." – Elbert Hubbard*

Ok, this step is a little tricky to define. But it is an important shift in the way you think and act when you practice English. It makes a very big difference when you are already quite advanced and you really want to push on into that top tier of English speaking skill. If you are at a lower level, please ignore this chapter.

As you practice (daily, I hope) begin to push yourself so that you are playing with the language. When you prepare for your daily practice in speaking, bring lists of topics and situations you want to talk about or role play with your conversation partner.

And the key is to really throw yourself into it. Try to express things in interesting ways. Have fun with it, argue, suddenly express things with passion, go off on tangents and talk about something else suddenly – just because you thought of it.

In other words, start speaking like you do in real life conversation.

Many students fall into a trap of just trying to get through an English lesson or an English practice session by saying what they have to say and not much more. Don't be that person.

Really start to push yourself and play around in your English-speaking sessions. Become experimental, and you will truly start to feel that you have a control over this language. You will begin to grow real confidence. And most importantly, you will get better – much better. And very quickly too.

This ability to push yourself and experiment as you practice is what separates the English language learner from the English language master. Choose to become the master. You can do it.

The next chapter will give you a very nice little trick on how to sound like a native speaker when you talk, from as early as possible.

### **Key Tips**

72. To become more advanced, start playing with the language, express idle thoughts in creative ways, go off on tangents in conversation, experiment



## Chapter 22: To Sound Like a Native, Use Filler Expressions Like a

### Native

*"Language is wine upon the lips."* – Virginia Woolf

As we all speak, whether we notice it or not, we always throw out expressions and idioms. Just to help us think. It's human nature.

Start paying attention to the expressions and idioms you use in your own language when you're talking. Most of them might even be unconscious. English people use them too. And a great way to start sounding a little bit more natural as you speak, and also build your own confidence and have some fun with it, is to learn a handful of these expressions early, and then use them a lot.

How to choose them? Listen out, in movies, when talking to your conversation partner, every time you put on a listening exercise. Start noting down expressions you like.

Also, you might find that you really want to say one that you always use in your own language. Find out the English equivalent and start using it.

Just to clarify, these filler expressions are the words and phrases people use *in-between* sentences. They are the expressions that sort of, how shall I put it... help you to find the words to say. They help you to express yourself. They fill the silence.

Here are a few examples of these common phrases in English:

*Sort of / kind of*

*How shall I put it?*

*We'll see, we'll see*

*What's the word I'm looking for?*

*It's on the tip of my tongue*

*To be honest...*

*Actually*

*See what I mean?*

*You know...*

*Oh! I see*

*By the way...*

*Wow!*

*Erm...*

*I'm not sure how to put this*

*Of course*

*By all means*

*Please, after you*

*Anyway*

*Not at all*

*Believe me...*

*Precisely*

*I get you*

*I don't get it*

*No way!*

*You're kidding*

*After all*

There are plenty more, start noticing them. And start using them. It's a shortcut to sounding like a native English-speaker. After all, we're not always sure what to say either!

Ah, here we go. The next chapter is the one you've been waiting for. The 21 best apps and programs online for learning English. Enjoy.

### **Key Tips**

73. Learn 'filler expressions' early on, to sound more like a native speaker when you talk
74. Listen out for them in movies, and when you hear any native speakers talking – the filler expressions they use in-between the content of a sentence
75. Play with them, throw them into conversation when you are thinking, have fun with it

## Chapter 23: The 21 Best English Learning Resources – Online &

### Apps

*“Know what tools you have to fulfill your purpose.”*

— Steve Maraboli

You are such a lucky English learner, because there are so many wonderful resources online to help speed up your learning today. We’ve already mentioned a few amazing resources. Like Skype and Italki.com for speaking daily with native speakers. Vis-Ed.com, Anki App and Google Images for flashcards. TuneIn.com and Youtube.com for listening daily.

Here are 21 more resources that will make your learning journey so much easier and quicker!

#### [My Language Exchange](#)

Like italki.com, this site allows you to set up Skype conversation exchanges with native English speakers who are learning your language. It’s perfect for the number one rule of language-learning – start speaking every day!

No matter what your native language is, there will be native English speakers looking to practice it. You could even share the techniques in this book with them and become speed-language learning partners!

#### [Interpals](#)

This is another site offering the same conversation swapping as My Language Exchange.

#### [Duolingo.com](#)

What a fun and easy addition to your collection of learning tools. This site is carefully designed to give you sentences to translate at your level of English. It's a good tool to mix in with your speaking every now and then. Because the sentences are taken from real written materials, you get a realistic selection of the most frequent words, phrases and sentence structures.

### [BBC English Language Resource](#)

Play around with a huge amount of English lessons, games, tests, tips and resources. All free! The BBC has gone through a great deal of effort to illustrate particular areas of vocabulary or grammar in an entertaining and effective way. I recommend this resource for when you are unclear about some particular phrase or grammar point and want some extra direction.

### [Ted.com](#)

A fantastic resource for intelligent listening and learning at the same time. You can watch any presentation on a subject you find interesting, and also read the transcript or watch with subtitles. For maximum benefit, arrange to talk about the content with someone afterwards. Ted talks are perfect for in-between conversation sessions.

As an English teacher this was one of my students' most useful resources, because the presentations are short, clear, fascinating and use excellent English. You can also find presentations that particularly interest you. There's nothing worse than talking about something you simply don't care about (like you find in those terrible old English course books).

### [Memrise.com](#)

This is an excellent site for giving you extra mnemonics and tricks to help keep English words in your mind for good. It works well in coordination with certain tests in English, and also has collections of words by category and frequency (always go for high frequency words, of course). You can see the words, hear them spoken, see images to illustrate, and more. Explore the site and see how well it works for you.

### [iTranslate Voice App](#)

An excellent app for quickly speaking and hearing the English version of any word you like. These sorts of apps are great for travelling, and also for very serious English-learners in everyday life. When a word jumps to your mind you can instantly hear it spoken.

One issue lots of students have when learning English is pronunciation. English is not phonetic, so unfortunately you really don't know how a word sounds when you read it. If you are reading a book, keep this app or a similar one handy to hear how new words sound. Then you can use the memorization techniques in this book to memorize the word based on the sound, not the spelling alone.

### [Google Translate](#)

Quickly translate any words or text with reasonable accuracy. You can even have it translate websites and any English text online for you.

It's not the most accurate method, but it's a great quick way to catch the meaning of new phrases and sentences. Treat this translator as a tool to point you in the right direction.

### [Kantaris Media Player](#)

This media player allows you to automatically find subtitles for any movie or TV series. If you're still at lower levels of English-learning, then subtitles can help you to enjoy a movie while also learning new words and sentences. Don't forget all the tips on the optimal ways to watch movies from the chapter on listening skills.

### [Fluentu.com](#)

A wonderful app that takes real life videos, commercials and news from online and turns them into English-learning experiences. See if you can find your favorite videos on here.

It's always good to mix up fun ways to listen to English. Try all the suggestions in this book. You will probably find there are a few you really like. Maybe this will be

one of them.

### [Open Language.com](#)

This is a fantastic resource with all kinds of courses designed to get you through the European Common Framework of English. Use this site in combination with your SMART goals. It costs \$30 a month, but if you put it to use it will pay for itself many times over.

### [MosaLingua](#)

This app helps you to remember words by using spaced repetition software, so that words are repeated at just the correct intervals for you to absorb them, and easily recall them. Like Anki App, this is a very important tool for the intelligent language-learner. It monitors your progress and plans out future lesson and flashcards based on how you are doing.

### [Busuu](#)

We love this app because it focuses on getting you speaking right away – through recording your voice, listening back and checking with what you're learning. A great tool for in-between real speaking sessions. When you speak and really hear your own voice, you can progress so much more quickly. You become much more conscious of the sounds you are making, and your memory naturally works better.

### [The Polyglot Club](#)

A great way to practice is to get around others who want to speak the language too. I do recommend finding native speakers, but even being around others of your nationality can boost your morale. You can probably find other English-learners nearby through the Polyglot Club, just remember to treat them as training partners, not your main source of English practice. For that you need a native speaker to progress at maximum speed.

### [Couchsurfing](#)

This is another great way to meet with groups of English learners in your city. Also,

you are likely to meet many native English-speaking travelers at your local Couchsurfing meetings. You have plenty of interesting things to talk about, and if you're really adventurous and keen, you can offer to show native English speakers around your town and even let them stay at your place! Be prepared for lots of practice.

### [Meetup.com](#)

Another resource for finding other English-learners. You can also go along to meetups on other topics, but where they are speaking in English about that topic – this is ideal. A great combination of English practice and something you enjoy.

### [Forvo.com](#)

As we mentioned, one problem with English is words are often not phonetic. Their pronunciation is different to how they are spelt. With Forvo you can hear how any word is pronounced easily. Just ask and a native speaker will say it for you – a fantastic addition to many of the other tools here. Don't be afraid to use this resource a lot. It's instant access to native speakers so you can be 100% sure you are saying things correctly.

### [Rhinospike.com](#)

Like Forvo, here you can ask someone to speak any phrase for you to hear. A fantastic resource.

### [Lang-8](#)

We're focusing here on speaking and listening. But this site is so useful it's worth mentioning. Every English learner needs to write sentences at some point. This service gives you free corrections on your written sentences. This can be useful for any time you are not sure how a sentences should be written. Again, use this resource a lot.

### [Benny Lewis Course & Blog](#)

We have to recommend a couple of blogs which you can follow. Benny Lewis, a



polyglot master of learning languages super-fast, has many useful systems and tips on how to speed up your English-learning. He teaches how to be fluent in 3 months. A great blog for regular inspiration and ideas.

### [Tim Ferriss Blog](#)

Tim Ferriss is a master of speed learning in general – for any skill. But this is very applicable to English too. It's certainly worth studying his posts and tips on how to learn any language seriously fast.

You now have more powerful English-learning resources at your fingertips for little or no cost than most English-learners who spend their lives sitting in expensive courses not progressing fast. Combine these resources carefully with the techniques and strategies that you are learning in this book. Experiment and see which ones work best for you, and you will start progressing at a much faster rate.

## Chapter 24: How to Recover Your English after a Break

*“A different language is a different vision of life.”*

– Federico Fellini

I’ve added this chapter in on special request. Learning English is a lifelong adventure. You will go through many periods of learning and then often long periods where you don’t learn or speak any English. In those moments when you haven’t spoken English for many months and you suddenly need or want to get back into it, there is a faster way.

Perhaps you are going on holiday in the UK or USA, or you are about to do some business or study in a native-English speaking country. Perhaps you simply want to start practicing again. Maybe you used to live in London for one year and during that period you got really good at English, and then you returned to your home country and stopped speaking English and you feel like you’ve gone backwards.

Well, don’t worry – you still have English in your brain. It’s almost always possible to return to a former level of English fluency in as little as two weeks if you follow the right steps.

Firstly, you should really aim not just to return to your previous level, but to immerse yourself in learning again. To progress to a higher level than you were at before. This aim will excite you more and get you motivated. You have a clear goal to achieve and smash through.

The key to recovering your old level of English quickly is to firstly focus on lots of passive exposure. Aim to spend 2 weeks of passive exposure to English, for two hours a day if possible. During those two hours watch English movies with English subtitles, read English comics or simple books. Listen to English a lot, using the

resources in this book. And start looking at old notes. Look at phrasebooks and grammar reference books.

After the first week, you will feel the English coming alive in you again. Ease your way back into speaking the language. Get a considerate conversation partner. Start speaking a little every day. Slowly at first, you want to feel good about your progress. Don't focus on what you can't remember, it will all come back in time. Instead, focus on what you still can say and understand, and congratulate yourself for it.

After the two weeks is up, throw yourself right back into studying and speaking English as much as possible, using all the techniques in this book and always aim to get better than you ever were before. You'll soon achieve it!

And of course, the best way to make these moments of returning to English easier is to not have breaks that last too long. To maintain your level of skill in English, you need regular exposure to it. Fortunately this is easy enough as there is so much English on the internet and all around us. Just make sure you're always getting a little taste of it and you will never lose this incredible skill.

### **Key Tips**

76. To recover your English after a break, first aim to surpass your previous highest level of English
77. Give yourself 2 weeks of passive exposure – watch movies, listen, read books or comics
78. Get back into speaking every day
79. Try not to take long breaks from English in the first place!

## Conclusion

*“You don’t know a language, you live it. You don’t learn a language, you get used to it.” – Benny Lewis*

There you have it. You have a powerful language-learning mind. Always remember that you can learn English ten times faster than most people believe. Ten times faster than most people will tell you.

It can be hard to follow a path which is so different to what 90% of people are doing. Have courage, and push through with the techniques you know to work the best. Your results will soon be enough proof for everyone, that these techniques are a better way to learn English than the traditional methods of learning in a classroom, paying lots of money, and flowing boring text books.

Use this book like a regular resource, and come back to it from time to time. If you put these ideas and strategies into action you will easily increase your English-learning speed by 300%. Maybe by much more...

Thank you for reading. I wish you good luck on your English-learning journey!