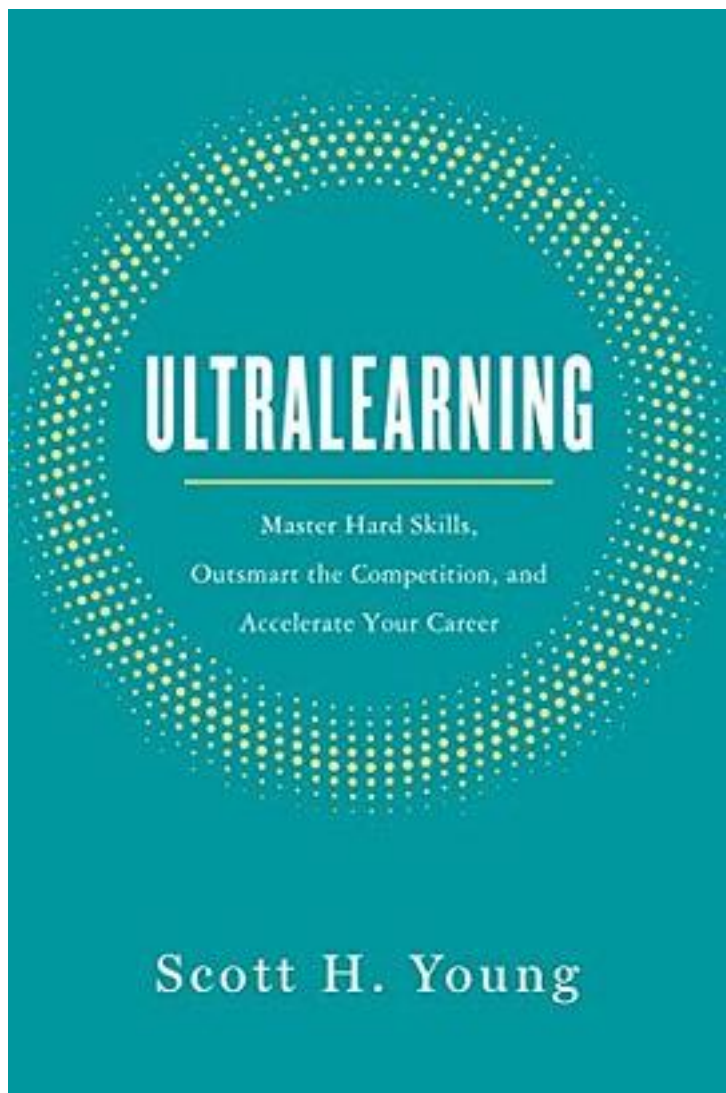# Ultralearning

著者:Scott H Young

出版者:HarperBusiness

出版时间:2019-8-6

装帧:Hardcover

isbn:9780062852687

Learn a new talent, stay relevant, reinvent yourself, and adapt to whatever the workplace throws your way. Ultralearning offers nine principles to master hard skills quickly. This is the essential guide to future-proof your career and maximize your competitive advantage through self-education.

In these tumultuous times of economic and technological change, staying ahead depends on continual self-education—a lifelong mastery of fresh ideas, subjects, and skills. If you want to accomplish more and stand apart from everyone else, you need to become an ultralearner.

The challenge of learning new skills is that you think you already know how best to learn, as you did as a student, so you rerun old routines and old ways of solving problems. To counter that, Ultralearning offers powerful strategies to break you out of those mental ruts and introduces new training methods to help you push through to higher levels of retention.

Scott H. Young incorporates the latest research about the most effective learning methods and the stories of other ultralearners like himself—among them Benjamin Franklin, chess grandmaster Judit Polgár, and Nobel laureate physicist Richard Feynman, as well as a host of others, such as little-known modern polymath Nigel Richards, who won the French World Scrabble Championship—without knowing French.

Young documents the methods he and others have used to acquire knowledge and shows that, far from being an obscure skill limited to aggressive autodidacts, ultralearning is a powerful tool anyone can use to improve their career, studies, and life.

Ultralearning explores this fascinating subculture, shares a proven framework for a successful ultralearning project, and offers insights into how you can organize and exe - cute a plan to learn anything deeply and quickly, without teachers or budget-busting tuition costs.

Whether the goal is to be fluent in a language (or ten languages), earn the equivalent of a college degree in a fraction of the time, or master multiple tools to build a product or business from the ground up, the principles in Ultralearning will guide you to success.

作者介绍:

Scott H. Young is a writer who undertakes interesting self-education projects, such as attempting to learn MIT's four-year computer science curriculum in twelve months and learning four languages in one year. He lives in Vancouver, Canada.

目录:

标签

方法论

学习方法

学习

认知科学

英文原版

Productivity

2019

我想读这本书

评论

作者下一个ultralearning的项目我已经替他想好，就是如何写作or如何缩写。（虽然他说写作本书就是一个例子，但看来不太成功…）

四星半吧。虽然有些地方写得比较生硬，但大方向上还是颇有见地的，而且处理得非常谦逊。Learning is its own reward.
我觉得我的问题主要出在Directness上，其实也就是拖延吧，满足于"智力提升的幻觉"--这样不好。

读的过程中发现自己平时也是用这些方法在学习，但是是无师自通型的，被他这么一总结感觉挺好的，可以推广。

前面说research要占5%-10%的部分挺有意思，但是一开始举例证就开始没劲了，高中

作文嘛这是，名人名事就不用写了呀

从高效学习到语言学习，我一直在追这个人Scott H. Young，我在反复读，推荐给所有终身学习者

Concept is valuable book is meh

看到后面就快进了。。

#11 This is the book that I've been looking for! Scott has provided with tremendous examples (both his own and some other people's real stories) to illustrate all the strategies for intense self-education. It is a well-designed hands-on system that can be utilized by anyone. Thanks Scott for showing the way, now it's time for me to carry it out!

如果你一直读作者的博客，那么这本书对你来说只是把博客的内容好好地整理了一下，看起来更加顺。我的理解是在终生学习的前提下，刻意练习和及时反馈是学习的制胜之宝。会想来看这本书的人也应该是self-starter，所以希望大家都有收获。他提出的九个法则很容易读懂，但是要做到，并且持续不断地做到，那么又是另外一回事了。

以前拿起来没读完 这次读完了 -- 科学的自我学习指南

非常好。这个作者挺牛的。目前看过最好的关于学习方法的书。个人觉得超过《刻意练习》

超速学习理论

趁热回忆一波 1.元学习（找目标&why 2.专注 3.直接 4.专研 5.检索 6.反馈 7.保持 8.直觉 9.实验

看完这本书我对MIT challenge和 learning Mandarin Chinese
有阴影了。仿佛读了把同1个blog rephrase了很多遍的paraphrase的写作书
，写得还不好。

之前读过作者那本《如何高效学习》，碰巧看到作者博客说出新书了就找来看。相比于之前更注重具体的技术细节，这本书在普遍原理方面功夫更多。书中所举的诸原则，有的自己悟到过，有的曾经听过一点，有的则耳目一新，总体来说还是很有启发。作者的行文风格也比前书成熟多了，虽然有的案例难免有些牵强附会，但在原理的解释说明方面还算精当。在大力丸遍地学习类书籍中，算是一本成熟稳重的好书。

Learn by doing我学到了这个，不然全都是纸上谈兵。

美亚打折入手，不到$2，买不了吃亏买不了上当。

#Blinkist速读
工欲善其事，必先利其器。其实也没什么高深理论，只是把一些学习方法论结构化总结了一番。最重要的还是专注

学习方法很接底气，也非常的详细，作为英文阅读的训练也是很适中的读物，推荐

归根结底就是要全身心投入，切勿分心，半途而废，为了实现定下来的目标，想尽并尝试一切办法。没有捷径可走，只是需要寻求更有效的方法，时时归纳总结成功或失败的经验。

Ultralearning_下载链接1_

书评

[Ultralearning 下载链接1](#)