



FAST ENGLISH

İan Przybylinski

<http://www.intellenglish.com>

FAST ENGLISH

How long does it take to learn English?

A year?

Two years?

A lifetime?

What about six weeks?

While you may not be able to become completely fluent in six weeks, it is entirely possible to start from zero and be able to have simple conversations in English in a surprisingly short period of time.

How do I know this is possible?

Georgi Lozanov, the famous Bulgarian language researcher, was able to accomplish this with thousands of students using a special system of “Accelerated Learning” techniques.

These techniques were used to train Soviet spies during the Cold War – and now they are used by diplomats, international businessmen and other professionals all around the world.

This guide that you are about to read is the result of years of detailed research on the subject of language learning and thousands of hours of experience using those methods to teach students from all ages and educational backgrounds. What you have here in front of you is a short and condensed action plan for getting the most results in the shortest amount of time. Let’s get started with the first rule of Fast English.

1. Intensity

Why is intensity the first rule of Fast English? Because without intensity, none of the other Accelerated Learning techniques will work for you. Intensity is what separates the truly successful from the amateurs.

To learn English fast, you need both mental and physical intensity.

First – you have to develop mental intensity. Think about why you want to learn English. Think about how it will make your life better and how you will feel when you are able to speak and understand. Motivate yourself with powerful mental images and emotions.

Decide in advance that you will do whatever it takes to improve your English fast.

Focus all your mental energy on English and you cannot fail.

The other side of intensity is physical intensity. Mental intensity is crucial, but it must be accompanied by massive physical action.

You want to learn English fast?

You can. But you must commit at least several hours a day to this mission. In fact, the more time you spend listening and reading English, the faster you will learn.

You must surround yourself with English: English music, English books, magazines, and newspaper. Visit English websites and chat with English speaking friends online. If possible, spend time with English friends in person.

Spending as much time as possible is crucial to learning English fast, but be careful. If you don't study in the correct way, you won't improve quickly. In fact, you may not even improve at all. How you study is as important as how much you study...

2. Subconscious Learning

Have you ever been driving to your work or home (or another road that you travel frequently) and suddenly you ask yourself:

“What have I been doing for the past 10 minutes?”

You don't remember what happened (you were dreaming or thinking about something else), but somehow you drove your car and arrived safely at your destination. You used the steering wheel, avoided other cars, braked, changed gears – all without thinking.

How is this possible?

When we repeat actions over and over again, they eventually become “automatic”. We don't have to think consciously about them. Instead, our subconscious mind takes over. How many breaths did you take in the last minute? You don't know- but your subconscious mind helped you keep breathing automatically.

When you speak your native language, you do so automatically. You don't think about grammar rules, conjunctions, prepositions or tenses.. If you did, it would slow you down and you wouldn't be able to speak.

When you study English, you must not think about grammar. And you must not translate everything to your own language. You must simply read and listen to English- while focusing on the meaning – in English. From the very beginning, you must try to think in English. This is the only way that you will be able to speak smoothly, confidently and automatically.

Accelerated Learning Techniques

Unfortunately, the study methods you learned in school are not very useful for learning English.

Traditional study methods rely only on logic, analysis and mathematical thinking.

In reality, the human brain has many more abilities:

Creativity

Rhythm

Color

Music

If you only use the analytical part of your brain, you are only using half of your full potential.

Learning English fast requires that you use more than just half of your brain. You must use as many of your brain's skills as possible.

It has been proven that children who receive education in art and music also do better in the math classes.

In addition, students who participated in a 30-minute exercise program every morning before classes saw an average of a 15% increase on their test scores.

When you are working to improve your English quickly, you must use music, pictures, rhymes and other creative activities. Here are a few ideas of how you can use more of your brain while learning English:

- When you listen to an English story, try to visualize the images in your brain.
- Look at interesting pictures, and then write a description of them in English.
- Learn a new English song every week. Look up the lyrics on the internet.
- Look up “English rhymes” on the Internet and practice saying them in rhythm.
- Study English immediately after a good workout.
- Listen to English on your mp3 player while doing sports.

3. Sticking Points

When learning English, you will inevitably run into some difficulties. Some sentences will be difficult to understand. Some days, you won't feel like studying. Sometimes you will feel like you are stuck. Or you may enter a period where you are studying – but you don't feel like you are improving.

It is extremely important to continue working to improve your English during these difficult times.

Remember, the difficult times will pass. And after they pass, your English will be stronger than ever before.

Think about all the great heroes of your favorite films and books. What made these heroes great was not that they never faced difficulties, but that they faced difficulties and kept going. Think about Rocky, Hercules, Ataturk or Michael Jordan. Every successful person in history has had to overcome difficult times in order to fulfill their destinies.

If you come to a sentence or a word that you cannot understand, spend a little time trying to figure out the meaning. If it doesn't come to you, just make a note – and later come back to it.

If you're speaking English and you can't think of a certain word, don't get upset. Try to explain yourself using different words and later the word will come to you.

If you put too much stress on yourself, you won't be able to remember anything. Think about the game of basketball. During practice, it's very easy to make free-throws. If you practice, you can make 25 or even 50 in a row. But at the end of the game, when the score is very close, it's much more difficult to make a successful free-throw.

Whenever you feel nervous, it affects your ability to speak English easily and fluently. Practice relaxation exercises – and don't panic when you have a little trouble. Simply take a deep breath, relax, and then continue.

Also – don't forget to keep studying no matter what.

Some days, you won't feel very motivated. You might feel tired and you won't feel like studying.

On those days, start with something easy and enjoyable – maybe just relax in a comfortable chair and listen to some English stories or dialogues on mp3.

Every day, I go running in the park. But some days, I don't feel like running. So, I put on my sports clothes, and my running shoes and I start jogging slowly and smoothly. After about 10 minutes, I start to warm-up and I start feeling better. By the end of my run, I'm enjoying it. And afterward, I always feel better that I've gone running and haven't skipped a day.

Your English practice should be done in the same way.

4. The 80/20 Rule

1800'lerin sonunda Vilfredo Pareto adında az bilinen bir ekonomist yaşadı. Hobisi bahçecilikti. Ve bir gün, şok edici bir gözlemde bulundu.

Bahçesinden topladığı bezelyelerin %80'i, ekmiş olduğu tohumların %20'sinden ürüyordu! Ayrıca halkın zenginliğinin %80'inin de tüm nüfusun %20'si tarafından üretildiğini ve sahip olduğunu gözlemledi. Ve çoğu firmanın %80'lik karı ürünlerinin ve müşterilerinin sadece yaklaşık %20'sinden geliyordu. Bu "Pareto'nun Kanunu" olarak bilinegeldi ve son zamanlarda da "80/20 Esası" olarak anılıyor.

Likewise, when learning English, you will find that most of your learning occurs from just 20% of the work that you do. If you study for 10 hours, 2 of those hours will be much more productive than all the rest.

If you want to learn English fast, you will want to apply the 80/20 rule as much as possible.

While you're studying, pay close attention to the exercises, methods and techniques that are most effective for you. Then use those techniques more.

Every student is different, so what works for somebody else, may be different from what works for you. Don't worry too much about what other people say. Find your own learning style and develop your own program based on activities that you find enjoyable, interesting, and useful.

If you feel especially motivated and energetic one day, spend a lot more time studying English on that day. If you find that you really like doing one type of exercise and it really helps you, focus on that exercise.

The Final and Most Important Tip

If you really want to learn English fast, be sure to complete the following steps:

1. Every morning when you wake up, write down what you will do to improve your English for that day. Close your eyes, take a deep breath and visualize yourself completing those actions.
2. Complete those steps as early as possible in the day.

Why is this the most important tip?

Because it will literally make you addicted to learning English fast.

Every time you finish a small step that brings you closer to a goal, your brain releases a small dose of dopamine – the neurotransmitter associated with pleasure.

Successfully completing a short study session will give you a natural 'high'. And the more you study, the more your body and brain will want to study.

Learning English makes you feel good – more confident, more intelligent and more successful. And learning English FAST will make you feel more powerful than ever.

Before you go to bed tonight, make a list of all the benefits that learning English will give you. And make yourself a promise to start learning English fast. Tomorrow morning make a short list of steps you're going to take to improve your English and complete those steps without fail. Close your eyes, and see your self completing those steps.

Follow this program every day – and you will definitely learn English fast!

All my best,

Ian Przybylinski
www.intellenglish.com

P.S. If you're ready to start learning English, take the [SuperFast Speaking Program](#) for a 'Test Drive'. With a 90-Day Money Back Guarantee!