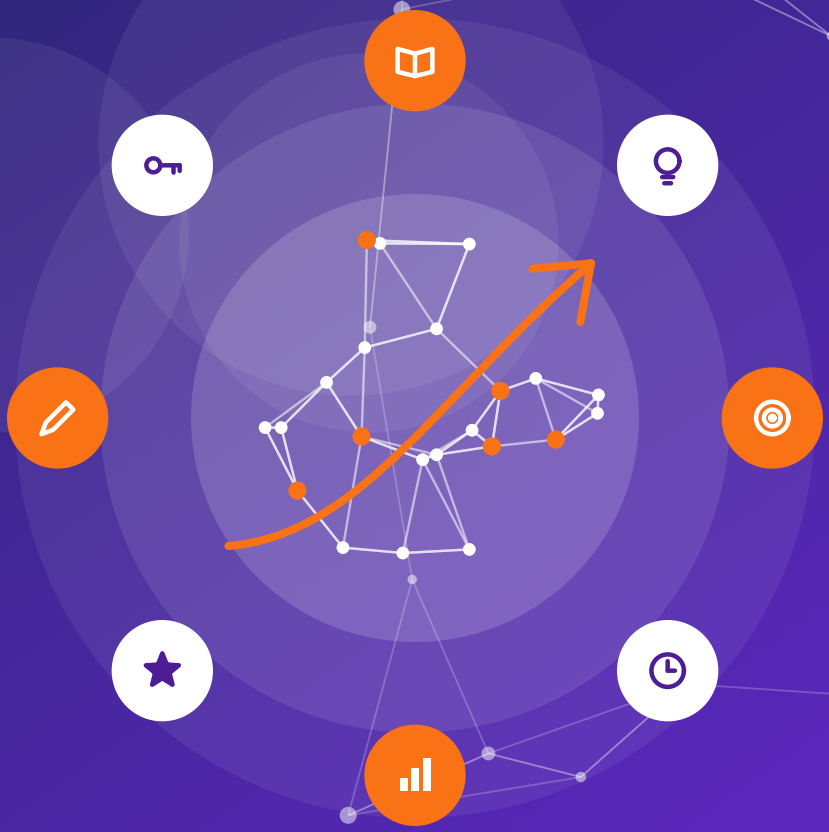
THE SCIENCE OF RAPID LEARNING 2026

How to Learn Anything Faster

Master the Science of Rapid Learning, Memory & Skill Acquisition



AUTHOR

Suman Biswas

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How to Learn Anything Faster

Master the Science of Rapid Learning, Memory & Skill Acquisition

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The real-life examples and case studies are illustrative composites created to show how the methods are applied. The names are fictional, and any resemblance to actual persons is coincidental. Charts marked as illustrative show general patterns, not measured data.

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DEDICATION

To every learner who was once told they were slow,
and who kept going anyway.

And to my family, my first and most patient teachers.

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BEFORE YOU BEGIN

Preface

For most of my student life I believed that learning was a matter of hours. If I was not doing well, the answer was to sit longer. I reread chapters until the pages felt familiar, filled notebooks with copied sentences, and was regularly surprised in exams by how little came back.

What changed things was not more effort. It was discovering that researchers have studied how people learn for well over a century, and that many of their findings contradict what feels natural. Rereading feels productive and does little. Testing yourself feels uncomfortable and does a great deal. Spreading study over days beats one long sitting. Sleep is part of studying, not a break from it.

This book gathers those findings into a practical system. It covers how memory works, the techniques with the strongest evidence, classic memory methods, reading and note-taking, plans for specific skills, productivity, exam preparation, health and tools. It ends with a thirty-day challenge and a large set of printable worksheets.

I have tried to be honest about what is known. Where a popular idea is weaker than its reputation, such as learning styles or speed-reading claims, I say so. Where an example is illustrative, it is described that way. You deserve methods that work, not slogans.

You do not need to be gifted to use any of this. You need a pen, a timer and the willingness to do a slightly harder thing than rereading. Start small, apply one idea today, and let the results persuade you.

Suman Biswas

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READER GUIDE

How to Use This Book

This is a working manual. You will gain most by applying each chapter before moving to the next. Read with a pen, write in the margins and complete the exercises.

The book has ten parts and seventy chapters, followed by a bonus section and reference pages. Parts 1 to 3 are the foundation and are best read in order. Parts 4 to 9 can be read in any order, according to what you need now. Part 10 turns everything into a thirty-day plan.

In the PDF edition, every line of the Table of Contents is a link that jumps to its page, and the bookmarks panel of your reader mirrors the same structure.

INFOGRAPHIC

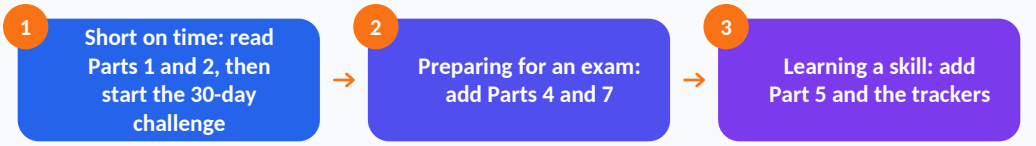
What You Will Find in Every Chapter

1. **Opening quote** — A line to set the tone
2. **Core lessons** — Short sections with icons
3. **Infographic** — The key idea as a picture
4. **Real-life example** — The idea in everyday use
5. **Case study** — An illustrative learner story
6. **Key takeaways** — The points to remember
7. **Quick summary** — The chapter in two lines
8. **Exercises** — Try it immediately
9. **Action steps** — What to do this week
10. **Reflection and checklist** — Think, then tick

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INFOGRAPHIC

Three Ways to Read This Book



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TAP ANY LINE TO JUMP TO THE PAGE

Table of Contents

Preface 4

How to Use This Book 5

PART 1: Understanding Learning 11

1. Why Some People Learn Faster 15
2. How Memory Works 19
3. Learning Myths 22

PART 2: Learning Techniques 26

4. Active Learning 29
5. Spaced Repetition 32
6. The Feynman Technique 35
7. Interleaving 38
8. Deep Work 41
9. Learning with AI 44

PART 3: Memory Mastery 47

10. Memory Palace 51
11. Visualization 54
12. Chunking 57
13. Mnemonics 60
14. Story Method 63
15. Number Memory 66

PART 4: Reading Faster 69

16. Speed Reading 71

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17. Skimming 74
18. Scanning 77
19. Preview Method 80
20. SQ3R Method 83
21. Highlighting Correctly 86
22. Taking Smart Notes 89
23. Cornell Notes 92
24. Mind Mapping 95
25. Visual Summary 98

PART 5: Learning Different Skills 101

26. Programming 104
27. Languages 107
28. Mathematics 111
29. Science 114
30. Business 117
31. Public Speaking 120
32. Writing 123
33. Music 126
34. Drawing 129
35. UI/UX Design 132
36. Competitive Exams 135

PART 6: Productivity 138

37. Building Study Habits 140
38. Morning Routine 143
39. Night Routine 146
40. Time Blocking 149
41. 80/20 Rule 152
42. Parkinson's Law 155
43. Habit Stacking 158
44. Atomic Habits Principles 161

FREE SAMPLE (10 of 299 pages) | Get the full book: amazebazaar.com/shop

45. Weekly Review 164
46. Monthly Review 167

PART 7: Exam Preparation 170

47. How to Prepare Faster 173
48. Revision Strategy 176
49. Mock Tests 179
50. Error Logs 182
51. Memory Revision Calendar 185
52. Exam Anxiety 188
53. Focus Techniques 191

PART 8: Health for Better Learning 194

54. Brain Foods 196
55. Exercise 199
56. Meditation 202
57. Sleep 205
58. Stress Management 208
59. Digital Detox 211

PART 9: Technology & Tools 214

60. Best Apps 217
61. Learning Platforms 220
62. AI Tools 223
63. Productivity Software 226
64. Knowledge Management 229
65. Second Brain 232
66. Notion 235
67. Obsidian 238
68. Anki 241
69. Quizlet 244

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PART 10: 30-Day Faster Learning Challenge . . . 247

70. The 30-Day Challenge . . . 248

Daily Tasks . . . 251

Habit Tracker . . . 253

Progress Sheets . . . 255

Weekly Reflection . . . 257

Monthly Assessment . . . 258

BONUS SECTION . . . 259

100 Learning Tips . . . 261

50 Memory Tricks . . . 264

100 Productivity Hacks . . . 266

50 Study Mistakes . . . 269

Top 100 Learning Resources . . . 271

AI Prompts for Learning . . . 274

Study Timetable Template . . . 278

Daily Study Planner . . . 279

Goal Planner . . . 280

Reading Tracker . . . 282

Course Tracker . . . 283

Learning Journal . . . 285

Skill Progress Tracker . . . 286

END OF BOOK . . . 288

Glossary . . . 289

Frequently Asked Questions . . . 291

Additional Resources . . . 293

References . . . 294

Acknowledgements . . . 296

About the Author . . . 297

About Amazebazaar . . . 298

Thank You . . . 299

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