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Jim Kwik Kwik Learning is the CEO and founder of SuperheroYou, an annual conference of learning that helps people discover and leverage their unique skills (or superpowers!) To increase their creativity, learning, problem-solving, and the overall performance. Jima's work uses cutting-edge techniques that educate people on how to increase their brain power to improve memory, learning to -reading speed, and accelerate their learning curve. He has shared the stage with such luminaries as the Dalai Lama and Richard Branson, and is much sought after trainer and coach, with clients including Nike, Zappos, Virgin, Fox Studios, Harvard University, and many others. © Why you should listen A Bulletproof Jim comes on the radio, live from Bulletproof Conference, to discuss how to sharpen your memory honing you can make more money, © because the read speed is an essential tool for optimal performance, masters tricks that memory usage to keep more information, and some biohacks you can use to improve your memory and reading speed. Weâ ve also included a special discount coupon for bulletproof listeners Jima s Kwik Learning Program! Enjoy the show! Click here to download the mp3 of Jim Kwik: Speed Reading, Memory, and Superlearning Ã # 189 What you will hear a 00:13 It's a cool Fact of the Day! Ã 0:56 a welcome Jim Ã 02:30 A cool facts about Jim that many people do not know Ã 3:20 Jima s personal experience with brain trauma Ã Ã Ã 04 : 15 How adversity to lead jima s success Ã Ã Ã 8:05 Biohacks for memory and the read speed 19:00 a read speed for optimal performance 21:00 Ã ¢ Tricks usage masters of memory 26:40 keep more information This is How to sharpen memory can help you make more money 27:50 Ã ¢ Biohacking skills learning with the learning platform Kwik 29:15 to 30:00 Conference 2014 Bulletproof Biohacking the first three recommendations more ass kicking and being bulletproof! Reported Jim Jim Kwik Kwik Facebook Twitter You @JimKwik SuperheroYou SuperheroYou on Facebook Twitter YouTube Ã ¢ @SuperheroYou SuperheroYou SuperheroYou on Instagram SuperheroYou on Pinterest Kwik Learning a including a special discount for Bulletproof listeners! Kwik Learning on Facebook Twitter You @KwikLearning Kwik Learning resources on Google+ adult learning theory of multiple intelligences theory and principles George Miller, Harvard University, the magic number seven plus or minus duea Rote Learning mind mapping, Tony Buzan X-Men Stan Lee Richard Branson Juggling increases brain power (BBC News) Neurobics Bill Gates Warren Buffet Bill Clinton Forest Whitaker Ashton Kutcher Metaskill Bulletproof 2014 Bulletproof biohackers Conference transcripts Click here to download a PDF of this Dave transcription: Ã Ã Ã Ã Ã Ã Ã Ã Ã Ã Ã Ã Hey! EA ¢ s with Dave Asprey Bulletproof Radio. Fresh today's event of the day is about flashbulb memories. These are the memories of traumatic or emotional events. Theyâ ¢ re often very bad despite how vivid they are. We tend to think that because theyâ © ¢ re so vivid, theyâ ¢ only to locked. They couldnâ ¢ t have you forgotten something. Those memories are just as sensitive to forget how other memories. flashbulb memories are more vivid, because © your amygdala, which processes emotions, and the hippocampus, which encodes memories, are so close to each other in your brain, not because © memories are somehow better or more reliable. In other words, if youÃ ¢ re having a fear or a fight or flight response by most older parts of the brain, you might get confused. Today's guest knows a lot about the brain and learning. Hea's a good friend, someone who I admire It's no less than Jim Kwik. That ¢ Reality is the real name of him, among other things. Spelled K-W-I-K. HEA S founder of Kwik learning and a widely recognized global expert in speed reading, memory improvement, brain performance, and accelerated learning. HEA S founder and curator of superheroyou superheroyou it's about changing your brain and change the world. It's also a learning annual conference, which also has a faculty and a star-expert audience gathered at hand thinkers, dreamers and dynamic place. At bulletproof conference, Jim gave a fantastic speech. I had a chance to interview him on camera. Jim, at the conference, spoke of him worldwide fame and his memory of the speed reading training. He tells us how a brain injury childhood challenged me to create strategies to greatly improve their mental performance. Since then he has dedicated his life to him helping others to unleash their true genius. He tells us his recommendations to him hacking of memory as remembering names so more efficiently and how to avoid information overload. When he tells you to you, this is the same guy who has trained more CEOs of large companies and some of the best-known Hollywood actors and actresses. Jim is the world's master of this stuff. He puts it all out here. It's also an incredibly humble guy. Whenever I have the chance to go out with him, I'm just like, Ã ¢ ¬ "I want to see Jim spesso.Â more» You will learn something from this, I promise. This is an incredible interview. Speaker 3: You hey, Jim. Thank you so much for joining us today. we start with something fun. Tell us a fresh made for you who do not know many people. Jim: Ã Ã Ã Ã Ã Ã Ã Ã Ã Ã Ã Ã Ã Ã Ã Ã Ã Ã a cool fact about me. I'll give you two facts really fantastic. I recently had to visit the Amazon rain forest. When I was doing down there excursions, actually I came across a tribe indigenous. This whole village. i was their first Western contact ever. by the second night, we cenarsi together. Third day, playing with their children. on the fourth day, we were doing shamanic journeys with them. it was pretty amazing. the second is devoted to recently spend time Ã ¢ ¬ | I work with a lot of people in Hollywood, Aiut andoli to review the reading scripts and store their lines Ã ¢ ¬ | I had to spend Ã ¢ ¬ | A childhood dream becomes reality Ã ¢ ¬ | Spend a week on set with the cast of X-Men. Hugh Jackman and Jennifer Lawrence and all. We have this wonderful picture of the cast. It is the cover photo for my Facebook page. Speaker 3: Ã ¢ ¬ "It's fantastic! I love those two facts. Jim: Ã Ã Ã Ã Ã Ã Ã Ã Ã Ã Ã Ã Ã Ã Ã Ã Ã Ã a lot of fun. I love the superhero. Speaker 3: Ã Ã "You have experienced a real brain trauma as a child. What happened, exactly? Jim: Ã Ã Ã Ã Ã Ã Ã When people see me on stage or on the screen, they see me do these demonstrations. they know that I read a book a day. MemorizzerÃ² a room full of names of people or very long numbers or anything like that. I tell people who do not do to impress you, I do it more to express to you what's really possible because © was not born with this ability. in fact, when I was in kindergarten, I had a bad accident. I had a head trauma. he left me with learning challenges, very serious challenges of learning. I always had a bad attention. very poor concentration. I could not understand the things that my teachers taught me. I have been very slow to learn how to read. This has created many problems. This is the thing with your brain. It's one of those things where controls everything. Check everything in our lives. Now we live in the millennium of mind which is so important but people have no education. Do not know how their brain in order to work properly to their brain. Speaker 3: Ã How did the adversity with your help brain injury shape the story of success you are today? Jim: Ã Ã Ã Ã Ã Ã Ã Ã Ã Ã Ã Ã Ã Ã Ã Ã When I had this brain damage, has created a lot of For the whole school. I was learning challenging everything through class school and high school. When I arrived at college, I wanted to start fresh and make my family proud. I took all these lessons and worsened. To keep up, I actually have to neglect the things they were good for me, how to sleep and eat and work out and spend time with All the biohacks you guys teach. The WasnÃ ¢ t very sustainable challenge so I ended up fainting from exhaustion into the library and fell down from a flight of stairs and struck my head again. I woke up in the hospital two days later. I was already at 117 pounds. I was hooked up to all these IVS. I was very malnourished. I thought, one there must be a way.Ã ¢ better when I had this thought, gives me know if the universe was just replied, but the nurse entered a cup of tea. About it, he had a picture of an intelligent pretty individual, Albert Einstein and had this quote that wea felt through the centuries, ã, the same level of ThatÃ ¢ s thought has created the problem wona t solving problem.Ã ¢ mi He asked for a new question. EÃ ¢ s like a whatÃ ¢ s the problem? I knew my problem was that I was a very slow student. I said, how can I think differently about it? Ã, I was to think, perhaps I could learn to learn Fasters.Ã ¢ I thought about school. I immediately realized that the school taught us what to learn, as subjects, mathematics and history and science and Spanish. There are no lessons on how to learn. There are no lessons on creativity, on solving problems, on how to think about how to concentrate, how to read more quickly, on how to improve your memory. When it comes to memory, they always teach you three R in class, reading, writing, arithmetic. I thought the call could have been fourth. A without remembering, there is no Learning.Ã ¢ Socrates said that. Shortly thereafter, I started studying this idea of study. I wanted to know how my memory works so I could work my memory. As my brain works so I could work my brain. I wanted to solve this enigma on how to learn something faster. I started studying neuroscience, brain sciences, adult theory, multiple intelligence. All that I could get your hands up for help engraving my brain. Come with these mental shortcuts. Shortly thereafter, within 30 or 60 days, a light switch is gone up and I just started understanding things. After I started receiving those Ã ¢ | I went to not be right and so, I could not help help other people. I never want people to suffer as I did. One of my first students, she was a freshman. She finished reading 30 books in 30 days. Can you imagine? Those who read 30 books in 30 days. I wanted to know, not as you did her, because I know how she succeeded. I wanted to know why. I always interested in human motivation, what drives people to do what they do. I find out that the mother has been diagnosed with a terminal phase cancer and has been given 60 days of life. The books she was reading were books on health, wellness, medicine, psychology, self-help, spirituality. Whatever to be able to save your life MotherÃ ¢ s. I have always found suffocated even when A | I DONA T Share this very often, but itÃ ¢ s a | I wanted your luck of her and I said the preservation of her in prayers. Six months later, I receive a call from a young woman. The cana not even to distinguish the voice of her because there is only cry. Finally, I realized ita ¢ s this young girl. I discover you a mother | TheyÃ ¢ Ri tears of joy that her mother of her is not only survived, but she's really starting to get a better and thrive. Doctors gives you as or because. They call him a miracle. She mother her mother attributes him to the great advice she got from her daughter that she got from all these big books. ThatÃ ¢ s when I realized that ideas can change life. The right ideas could actually save human lives. I was in a mission never a sense of meaning, this is more than two decades ago, to help change the way it learns Help them fall in love with learning. To help them realize their true genius, what they can be capable. That ¢ s The mission. Speaker 3: Ã, ã, wow. Along these lines, can you tell us what some of your favorite biohacks for memory and reading and learning speed are? Jim: Ã, Ã, Ã, Ã, Ã, Ã, Ã, Ã, Ã, Ã, Ã, Ã, Ã, Ã, Ã, Ã, is yes. Hundreds, hundreds, hundreds of instrumental strategies and shortcuts to help people. That I have done over the last few decades I am Spend time with people who are absolutely high successes. The best managing directors and celebrities of the planet and I see what works for them. We put together this curriculum for people. I will pass only and quick suggestions to help people. There are four keys to learn anything faster. Any subject or ability. I call it fast. My surname is Kwik and it's really my surname, K-W-I-K. I didn't change it to do what I do. With a name like Kwik, you could say my life or my destiny was practically expected. I had to be a runner at school, which is also a lot of pressure, when your name is Kwik and says Kwik right on your shirt. I have to be very careful when I'm driving because the worst name to get your driver's license when she is pulled out excess speed is the name Kwik because you're not going to talk to this ticket. I can teach people who learn more quickly. The fast method is these are four elements that I know could help people dramatically learn any subject or ability more quickly. RAPID. The F in reality is about to forget. It's a bit strange to talk about learning and reading and remember and start with forgetting, but I discover that many people don't learn something brand new because they feel like they already know the subject. Let's say they know nutrition or know the exercise and are going to a seminar or a great conference and they are learning something, but they don't learn because sometimes you have to suspend or forget temporary what you already know about something so you can learn something about something Brand new. I really believe in ... is a type of cliché and cheesy, but I think your mind is like a parachute; It only works when it is open. Forget the things you meet. You also want to forget the limitations. A lot of people have this negative car how good their memory is or how intelligent they are. I think Ã ¢ â,¬ | I manage these marathons and there are these Ã ¢ â,¬ | I was reading a book and one of the chapters started with the psychology to manage a marathon. He said, Ã ¢ â,¬ "your brain is a supercomputer and your self-talk is a program that will be executed. If you tell yourself you are not good at remembering the names, you will not remember the name of the next person What do you meet because your supercomputer doesn't. "This is the thing. Your mind is always intercepting on your self-speaking. You want to temporarily forget your limitations. Also, you want to forget everything else that is going to the situation. They say that you can only concentrate consciously on seven plus or less two information bits, according to Harvard Study made by George Miller. If you are in an event or you are listening to a great podcast like this, or you are reading a book and you have seven pieces of information you can concentrate, but maybe two of them are thinking about children and three are thinking about work, then leaves you just one or two to concentrate really here. Put yourself aside. That The F is forgotten. A is active. You want to activate. This is the challenge because if you are stressed right now, if the people who look at this are very stressed, they are overloaded, they are overwhelmed, too much to read, too little time, e-mail, texts, everything. One of the reasons why it's not your fault because we all grew up with the 18th century education. The 18th century education prepared us for a world that will no longer exist. A world of factories and farms. Now, we live in an era of electric cars and spatial ships that go to Mars. Our vehicle of choice, when it comes to learning, is the horse and the buggy. This is most people Ã ¢ â,¬ | It's like a lot of people who are trying to take a simple water from a fire pipe and they are very sick. Part of it is this 18th century education was On the led learning model, repetition. The Rote is like the rotary. It's like a wheel, like a Rotary Club. The teacher is like the teacher Here and teach some kind of reality and students would repeat it. Theather ¢ D Repeat again. The teacher would repeat it and this would be the wheel. That ¢ s Not a | The challenge with mechanical learning is it time. ThereÃÃ ¢ s frequency. If someone wants to build some muscles, the same thing with your brain, you could go to the gym and go more often. They could also increase their duration. They spend more time in the gym. Or they can make immense intensity. The great thing about intensity is itsnÃ ¢ t take time. That ¢ s what learning is for people. It gives you t have to go further and made to repeat 50 or 100 times or spend hours and hours of study. It is done intensely, take something ordinary and make it extraordinary in your mind and can do it. The other challenge for the education of the 20th century was very passive. It was like sitting quietly alone. Donate T talk to your neighbor. It is based on a consumer model. YouÃ ¢ King lÃ¬, you donate t have no responsibility. EÃ ¢ s Teachers ¢ s responsibility to make this information consumes. In the 21st century, ita really based on creation, not consumption. This requires that it is very active. Here's the thing. ThereÃÃ ¢ is going to be a lot of tweetables here. Learning is not a sport for viewers. Learning is not a sport for viewers. It's just like working out your body. What gets it in is what you get out. I would like to encourage people to be active. The letter a fast is active. That ¢ s Take notes, ITA s Publishing things, ITA s Sharing with your friends, ITA is doing all these things. Take an active notes. Be youÃ ¢ is making Mind mapping from Tony Buzan. For me, very simply, to take notes, which encourage everyone to do while TheyÃ ¢ is doing this because people know that the curve thereÃÃÃÃ ¢ s a learning but thereÃÃ ¢ s even a bulk curve. You go to learn something really important, but what happens a day or two later? 80% of it can be gone within 48 hours. One of the ways to increase up is to take notes. How do you take notes? One of the good ways to take notes is to take a piece of paper. I like card and pen, ia m very old school. Put a line down on the page. On the left side, youÃ ¢ Ri taking notes such as youÃ ¢ King notes of capture and ideas. You can quickly write and all the things we are talking to. The right side, you would actually be a | This is capture notes, this is the creation of notes. It's about taking notes, doing this is known. On the right side, youÃ ¢ Re actually write your impressions on what youÃ ¢ is writing here. These are the questions you should have. As you intend to be able to use it. As refers to the things you already know. Symbols, programming, everything would be there. If people are going to be distracted the right brain and try to imagine and daydream, then they can do it on the right side. ThatÃ ¢ s as a whole brain socket brain note. ThatÃ ¢ s la A, is in the active phase, do not passively stay. The S in Fast is synonymous with state. HereÃ ¢ is the thing you want to write. All learning was dependent. All learning was dependent. State is fundamentally the current condition or the mood of your brain and your body. ThatÃ ¢ s something that is fully in your control. A lot of people feel like they are bored or something similar, that it is because it's their environment. I really believe that no thermometers woea, which we are at the reality thermostats, in the sense that if youÃ ¢ king in a room | ThermometerÃ ¢ s something thatÃ ¢ s react to the environment. It is what represents what the environment is representing. A thermostat is set a high level and then the environment changes with it. responsibility for s. I recently got to present two of my superheroes. I use superheroes a lot in my metaphors, because I said that it took me a couple of years to learn to read, more than all the others. I learned to read reading comics because late at night I read these comic books. For Reason, words makes no sense for me, but something images and images and stories and well against evil really brought to life for me. I liked it. My favorite, actually, were the X-Men, because the X-Men do not fit. They were these mutants who do not fit. I always felt as if I didn t fit in. I thought it was broken growing. Returning to my heroes, I was able to present Stan Lee Whoa s the creator of X-Men and Spiderman and Iron Man and The Avengers. I got to introduce him to Richard Branson during dinner. When I went to take Stan, we're at the back of the car and Ri WeÃÃ ¢ in Los Angeles and 10 minutes it ends up taking an hour. Ia m to talk to him and ia m type, a whoa s your favorite superhero? Busi s as, an iron man.Ã ¢ asked me, I was like, a mine spiderman.Ã ¢ He looks straight towards me, he says, ã, from a great power they derive great something responsibility.Ã ¢ wea you all heard. IA M Thinking A | In my mind, I m very skeptical. Even as a child. If I see someone, I just think that differently. I say only, a you know, Stan, the opposite is also true. Yes, with great power they derive great responsibilities. But also, with great responsibility derive great power. What makes me think about when the state is when you take on the responsibility of something, we have the power to change it. We have responsibility, we are able to respond. With our mood or ours, many of us feel like king the effect of everything, but when we are really a cause. What I would like to do is that I never want to learn something, I want to learn a new subject or skill and learn quickly. I never want to go there with a bored state. ThatÃ ¢ s like most people are conditioned with school. TheyÃ ¢ bored and their physiology, and their focus, their psychology is set the level and emotion that information has been tempted is as coded. Emotion linked to ideas become long-term memories. We know it. Music or some foods that bring emotions back, remember, floods again. A lot of people learn things in a bored state so that it gives T code of it. TheyÃ ¢ ri equally motivated â €

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