



En sólo 20 horas. Aprende lo que quieras de forma rápida (Spanish Edition)

Josh Kaufman

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"Algún día cuando tenga tiempo lo haré" ¿Lo has dicho? Aprende a usar tu tiempo.

Sacude tu lista de pendientes y obtén las herramientas para desarrollar tu destreza en tiempo record.

En sólo 20 horas ofrece un enfoque sistemático para la rápida adquisición de habilidades: cómo aprender cualquier habilidad nueva lo antes posible. Su método muestra cómo simplificar habilidades complejas, maximizar la práctica productiva, y eliminar las barreras de aprendizaje. Con tan sólo 20 horas de práctica enfocada y constante, irás de saber absolutamente nada a realizar algo notablemente bien.

Este método no es teórico: es probado sobre el terreno. Josh Kaufman invita a los lectores a poner en práctica el método #ya sea para aprender programación, practicar algún deporte, tocar un instrumento, estudiar un nuevo idioma, o conocer el juego de mesa más antiguo y más complejo del mundo. Y tú, ¿Qué quieres aprender hoy?

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