Read only what you will apply

There's a gross 'competition' going on, an obscession about how many books can one read.
How much you read is totally IRRELEVANT – what makes a difference it how use apply it.
We are reading wrong, think about the many years in school, how many repetitions and training it required to adopt a new piece of information. We must expect it to be a long process.

Here is how to get more from your reading.

NOTE: This input is only valid for non-fiction literature.

I will argue that that reading a book and not applying it is a waste of time. It the equivalent of doing a cooking course and then never go into the kitchen. Acquiring knowledge not to use it - is stupid.

Say you read a book on time management, the ONLY way the content of this book will help you - is if you apply it repeatedly and consistently.

And to achieve this reading the instructions and concepts once will be too little for 99% of people.

I recently spent 5 months reading just one book. I accept that reading a book takes this long, because I know that in order to apply a key concept from the book, I must read it thoroughly and be sure to understand the function and application of the concept. And the training requirements.

How to?
1. Read the book twice, first cover to cover
2. On the second reading, stop, trial the described tool, make notes, and evaluate if practicing this tool consistently should be elevated to habit.

You must be selective with what you elevate to 'Habit' as habits are like a relationship, nurture it, and it will blossom.

Get started with the 'Habit tracker' here: https://bit.ly/GetYourHabitTracker

Stick with it