



7 Strategies To Help You Remember 80% of Everything You Read 7 技巧...

1) Get rid of any distractions when you read. Put your phone in your pocket, close your laptop, and listen to lyricless music. Don't try to pay attention half-assed. This means not singing along to music while you're reading and not checking your phone every 2 minutes. Commit to paying attention to whatever it is you're reading. It's not that hard.

1) 阅读时消除任何干扰。把手机放在口袋里，关上笔记本电脑，听无歌词的音乐。不要半心半意地注意。这意味着阅读时不跟着音乐唱，也不每隔两分钟就查看手机。专注于你正在阅读的内容。这并不难。

2) While you're reading, constantly ask yourself the following question: "How can I use this in my life?" Asking yourself this question will help keep you focused on looking for those important lines in a book that are going to stick with you long-term.

2) 当你在阅读时，不断问自己以下问题：“我如何将这个应用到我的生活中？”问自己这个问题将帮助你专注于寻找那些长期留在你心中的重要句子。

9 times out of 10, you'll find that these 2 tips will do the trick.

十有八九，你会发现这 2 个技巧很管用。

Second, as you read, pretend you're watching a movie. Essentially, try to visualize what's happening in your mind. Obviously, you can't visualize everything you're reading, but you can envision the general idea of what's being said.

其次，当你阅读时，假装你在看电影。本质上，尝试在你的脑海中想象正在发生的事情。显然，你不能想象你阅读的每一件事，但你可以在脑海中构思出所说话的大致意思。

Personally, when I'm reading a book, I like to imagine what I'm reading is being played out on a big movie theater screen and I'm in the audience sitting down just watching it all happen.

个人而言，当我阅读一本书时，我喜欢想象我正在阅读的内容就像在大电影院屏幕上播放，而我就是坐在观众席上，静静地观看这一切发生。

3) Handwrite (Don't Type) Interesting Ideas You've Read

3) 用手写（不要打字）记录你读到的有趣想法

As humans, we're terrible at retaining information. We forget almost all of the things we read about.

作为人类，我们很擅长保留信息。我们几乎忘记了我们所读过的所有事情。

However, when we write things down, we're far more likely to retain it. 然而，当我们把事情写下来时，我们更有可能记住它。

This is exactly what Beethoven used to do when he composed music. In the book *Managing Oneself*, the founder of modern business management Peter Drucker says, 这正是贝多芬作曲时所做的。在《自我管理》一书中，现代商业管理的创始人彼得·德鲁克说，

“Beethoven left behind an enormous number of sketchbooks, yet he said he never actually looked at them when he composed. Asked why he kept them, he is reported to have replied, “If I don't write it down immediately, I forget it right away. If I put it into a sketchbook, I never forget it and I never have to look it up again.”

贝多芬留下了大量的草图本，然而他说他在作曲时从未真正看过它们。当被问及为什么保留它们时，据说他回答道：“如果我不立刻写下来，我立刻就会忘记。如果我把它放进草图本，我就永远不会忘记，也永远不用再查找。”

4) Learn To Fully Interact With The Book

4) 学会完全交互式阅读书籍

- Underline or highlight important or memorable statements or passages.
划线或突出显示重要或难忘的陈述或段落。
- Add symbols such as stars for key lines that are impactful to you or question marks to indicate lines you're skeptical about or things you want to research further.
添加符号，如星号，以标记对你有影响力的关键行，或使用问号来表示你怀疑的行或需要进一步研究的主题。
- Write down any thoughts or questions you have in the margins of the pages.
在页面边缘写下你的想法或疑问。
- After you read the entire book, go back and put sticky notes on the most important statements or passages in the book.
阅读完整本书后，返回并在书中最重要的陈述或段落上贴上便签。

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