

OFFICIAL COURSE STUDY GUIDE

Read More, Remember More

*Habits and workflows for reading more books - and keeping what they teach
you.*

LEARNING & STUDY SKILLS · BEGINNER · 1 MODULES · 1 HR 45 MIN

Course by Ali Abdaal · Curated and published by MegaCourse

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Read More, Remember More: The Complete Study Guide

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MegaCourse curates the world's best free courses into structured learning paths with study guides, practice material, and certificates. This guide accompanies the MegaCourse course "Read More, Remember More", taught by Ali Abdaal. It is designed to be read alongside the video lessons and to serve as a standalone reference for review.

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INTRODUCTION

About This Course

Reading is a cornerstone of continuous learning and personal growth. Many aspiring readers face common challenges: finding time to read, selecting valuable books, and effectively remembering what they learn. This course addresses these obstacles directly.

"Read More, Remember More" provides actionable strategies to build a consistent reading habit and improve your comprehension and retention. You will learn practical workflows for selecting books, engaging with the material, and capturing key insights.

Taught by Ali Abdaal, this curriculum distills effective reading practices into a structured learning path. MegaCourse organizes these lessons to help you track your progress and apply new skills immediately. This guide serves as your companion, reinforcing the video lessons and providing a framework for practice.

Course Facts

FORMAT	1 modules · 9 lessons
VIDEO INSTRUCTION	About 1 hr 45 min
LEVEL	Beginner
CATEGORY	Learning & Study Skills
INSTRUCTOR	Ali Abdaal
CERTIFICATE	Included with course completion on MegaCourse
COURSE HOME	megacourse.app/courses/read-more-remember-more

What You Will Learn

- Build a daily reading habit that survives busy weeks.
- Choose books deliberately instead of by momentum.
- Capture and review ideas from every book you finish.
- Read more without turning reading into a chore.

Who This Course Is For

This course is designed for anyone who wants to improve their reading habits and information retention. Whether you are a student, a professional, or simply a lifelong learner, if you aim to read more books and

recall their lessons, this course is for you.

No prior experience with specific reading techniques or study methods is necessary. The material begins with fundamental concepts and builds practical skills step by step.

Before You Start

- No prior experience is required.

How to Use This Guide

To get the most from "Read More, Remember More," we recommend a structured approach. First, watch each video lesson in its entirety. Focus on understanding the core concepts and the rationale behind each strategy presented.

After watching a lesson, turn to this study guide. Review the key points, complete any exercises, and reflect on how you can integrate the methods into your own routine. Consistent application is crucial for building new habits. Use the review sections to solidify your understanding and test your recall of important ideas.

CHAPTER 1

Reading More, Remembering More: Foundations

This chapter introduces fundamental principles and practical strategies for transforming your reading habits. You will learn how to move beyond passive consumption to actively engage with books, ensuring that the knowledge you gain truly sticks. We cover methods for building a consistent reading routine, choosing books with purpose, and effectively processing information for long-term retention.

By the end of this chapter, you will have a clear understanding of how to approach reading not just as an enjoyable pastime, but as a powerful tool for continuous learning and personal growth. We explore techniques that allow you to read more widely and deeply, all while making the process enjoyable and sustainable.

Reading for Retention and Deep Understanding

Covers: How I Remember Everything I Read (video, 16 min) · How To Remember Everything You Read - 6 Tips in 60 Seconds #shorts (video, 1 min)

Reading is not merely about consuming words. It is about processing information, making connections, and integrating new ideas into your existing knowledge. To remember what you read, active engagement is crucial. Passive reading, where you simply move your eyes across the page, often results in poor recall. Instead, adopt strategies that force your brain to work with the material.

One core principle is **active recall**. After reading a section or a chapter, close the book and try to summarize the main points in your own words. Ask yourself questions like: 'What was the author's main argument?' or 'How does this concept relate to something I already know?' This act of retrieving information from memory strengthens the neural pathways and improves retention significantly. You can practice active recall by explaining what you just read to an imaginary person, writing a brief summary, or even just thinking through the key ideas.

Another powerful technique is **spaced repetition**. This involves reviewing material at increasing intervals over time. Instead of cramming all your review into one session, revisit your notes or summaries a day after reading, then a week later, then a month later. This spaced exposure combats the natural forgetting curve, embedding the information more deeply into your long-term memory. Tools like flashcards or digital note-taking apps with built-in spaced repetition features can be very effective here.

Effective note-taking is also vital. Do not just highlight text. Highlighting alone is a passive activity. Instead, aim for **progressive summarization**. Start by highlighting key sentences. Then, in a second pass, bold the most important phrases within those highlights. Finally, write a concise summary of the entire section or chapter in your own words. This multi-layered approach forces you to distill information,

making it more digestible and memorable. Consider using a commonplace book or a digital knowledge management system to centralize your notes and make them easily searchable.

Connecting new information to existing knowledge is a critical step for deep understanding. When you encounter a new idea, consciously think about how it relates to concepts you already understand. Does it confirm, contradict, or expand upon something you previously learned? Building these mental connections creates a richer, more robust knowledge network, making it easier to recall and apply the information in the future. For example, if you read about a new productivity technique, consider how it compares to other methods you have tried or heard about. This comparative analysis deepens your comprehension.

Strategies for Reading More Books Effectively

Covers: How to 'Read' 1000 Books a Year (video, 10 min) · How I Read 100 Books a Year - 8 Tips for Reading More (video, 11 min) · How To SPEED READ (video, 10 min) · How I Read 100 Books a Year (My 10 Best Tips) (video, 14 min)

Reading more books does not mean sacrificing comprehension. It means adopting smart strategies that optimize your time and focus. The goal is to maximize learning and enjoyment, not just page count. Many people aim to read 100 books a year or even more. This is achievable by changing your approach to reading.

First, **build a daily reading habit**. Consistency is more important than duration. Commit to reading for a short, fixed period each day, perhaps 15 to 30 minutes. This creates momentum and makes reading a natural part of your routine. Place books strategically around your home or carry one with you to fill small pockets of time, such as during commutes or while waiting. Reading in small, consistent chunks adds up significantly over time.

Second, **choose books deliberately**. Do not just read whatever comes your way. Before starting a book, ask yourself: 'Why am I reading this?' and 'What do I hope to gain from it?' If a book does not align with your learning goals or interests, do not feel obligated to finish it. It is perfectly acceptable to **abandon books** that are not serving your purpose. This frees up time for books that offer more value.

Third, understand that 'reading' a book does not always mean reading every single word from cover to cover. For many non-fiction books, you can gain significant insight by **strategic skimming and selective reading**. Start by reading the introduction, conclusion, and table of contents. Then, focus on chapters or sections that are most relevant to your specific questions or interests. You can often 'read' a book by extracting its core arguments without going through every supporting detail. This approach is particularly useful for gaining a broad understanding of many topics, sometimes enabling you to 'read' a thousand books a year in a high-level sense.

Fourth, consider **speed reading techniques**. Speed reading is not about sacrificing understanding, but about eliminating inefficient reading habits. Common techniques include: avoiding **subvocalization** (the habit of silently 'sounding out' words in your head), using a **pacer** (like your finger or a pen) to guide your eyes and maintain a consistent pace, and expanding your **peripheral vision** to read groups of words rather than individual ones. Practice these techniques regularly to improve your reading speed while maintaining comprehension. Start with simpler texts and gradually move to more complex material. Remember, the goal is efficient comprehension, not just raw speed.

Finally, **read multiple books concurrently**. Instead of reading one book at a time, have a few on the go. You might read a non-fiction book in the morning, a novel in the evening, and listen to an audiobook during your commute. This keeps your mind fresh and allows you to switch between topics based on your mood or environment. This strategy prevents reading fatigue and keeps your interest high across different subjects.

Choosing and Using Your Reading Tools

Covers: My Favourite Tech for Reading Books - Kindle vs iPad vs Books vs Audiobooks (video, 15 min) · Reviewing Kindles - Standard, Paperwhite, Signature, Oasis (video, 14 min) · My 4-Step Framework for Learning With Audiobooks (video, 16 min)

The format you choose for reading can significantly impact your experience and retention. Each medium, from physical books to e-readers and audiobooks, offers distinct advantages. Understanding these differences helps you select the best tool for your specific reading goals.

Physical books offer a tactile experience and can be less distracting than digital devices. Many readers prefer the feel of paper and the ability to easily flip back and forth. They are excellent for deep, focused reading, especially for complex texts where marginalia and physical annotations are valuable. However, they are less portable for multiple titles and can take up significant space.

E-readers, such as the Kindle, are designed specifically for reading. Their e-ink screens mimic paper, reduce eye strain, and are readable in direct sunlight. They offer incredible portability, allowing you to carry thousands of books in a single lightweight device. Kindles are excellent for reading fiction and non-fiction where you want to highlight and make digital notes without distractions. Different Kindle models cater to various needs: the **Kindle Standard** is a great entry-level option, the **Kindle Paperwhite** offers a higher resolution screen and waterproofing, the **Kindle Signature Edition** adds wireless charging and an ambient light sensor, and the **Kindle Oasis** provides physical page-turn buttons and a premium build. Choose a model based on your budget and desired features, prioritizing screen quality and comfort for extended reading sessions.

Tablets, like the iPad, offer versatility. While they can display books, their backlit screens can cause more eye strain than e-ink, and they present numerous distractions (notifications, other apps). Tablets are best suited for reading content that benefits from color, multimedia, or interactive elements, such as magazines, textbooks with diagrams, or PDFs. For pure text-based reading, a dedicated e-reader is often superior.

Audiobooks are a powerful tool for learning, especially for those with busy schedules. They allow you to 'read' while commuting, exercising, or doing chores. To maximize learning from audiobooks, use a **4-step framework**:

1. **Active Listening:** Do not just let the words wash over you. Engage with the content. Try to anticipate the speaker's next point. If your mind wanders, pause and rewind.
2. **Adjust Playback Speed:** Most audiobook apps allow you to increase the playback speed. Experiment to find a speed that challenges you but still allows for comprehension. Often, 1.5x or 2x speed is comfortable after practice.

3. **Take Notes:** Keep a digital note-taking app or a physical notebook handy. When you hear a key insight, pause the audiobook and jot it down. Note the chapter or timestamp for easy reference later. This active engagement prevents passive listening.
4. **Review and Reflect:** After finishing a chapter or the entire book, review your notes. Summarize the main ideas in your own words and consider how they apply to your life or work. This reflection solidifies the learning.

By strategically choosing and using these various reading tools, you can significantly expand your reading volume and enhance your learning outcomes.

KEY TAKEAWAYS

- Active engagement, through techniques like active recall and progressive summarization, is essential for remembering what you read.
- Building a consistent daily reading habit, even for short periods, is more effective than infrequent long sessions.
- Strategic reading involves deliberately choosing books, knowing when to abandon them, and selectively focusing on relevant sections.
- Speed reading techniques aim to improve reading efficiency by eliminating habits like subvocalization and expanding peripheral vision.
- E-readers offer portability and a distraction-free experience ideal for text-based reading, while tablets suit multimedia content.
- Audiobooks can expand your reading capacity, especially when combined with active listening, note-taking, and review.
- Varying your reading formats and having multiple books in progress can prevent fatigue and keep your interest high.

CHECK YOUR UNDERSTANDING

Answer these before moving on. Model answers are in the Answer Key at the back of this guide.

1. What is the primary difference between passive and active reading, and why is active reading crucial for retention?
2. Describe two specific techniques for improving memory retention from books.
3. How can you 'read' more books without necessarily reading every single word?
4. What are the main advantages of using an e-reader compared to a tablet for reading text-heavy books?
5. Outline the 4-step framework for learning effectively with audiobooks.

REFERENCE

Glossary

Active recall

A learning technique where you actively retrieve information from memory without looking at the source material, such as by summarizing or answering questions.

Commonplace book

A personal collection of notes, quotes, observations, and ideas gathered from reading and experience, organized for future reference and reflection.

E-ink screen

A display technology used in e-readers that mimics the appearance of ink on paper, offering high readability in various lighting conditions and low power consumption.

Pacer

A tool or method, often a finger or pen, used to guide your eyes across the text during reading to maintain a consistent pace and focus.

Progressive summarization

A note-taking method that involves multiple passes over text to highlight and summarize information in increasingly concise layers, from full sentences to key phrases.

Spaced repetition

A learning method that involves reviewing previously learned material at increasing intervals over time to improve long-term retention.

Subvocalization

The habit of silently 'sounding out' words in your head as you read, which can limit reading speed.

REFERENCE

Answer Key

Chapter 1: Reading More, Remembering More: Foundations

1. What is the primary difference between passive and active reading, and why is active reading crucial for retention?

Passive reading involves simply moving your eyes over text without deep engagement. Active reading, in contrast, requires your brain to work with the material, for example, by summarizing or asking questions. Active reading is crucial because it strengthens neural connections and forces information retrieval, which significantly improves long-term memory and understanding.

2. Describe two specific techniques for improving memory retention from books.

Two techniques for improving memory retention are active recall and spaced repetition. Active recall involves testing yourself on the material after reading, such as by summarizing it in your own words. Spaced repetition means reviewing the material at progressively longer intervals over time, which helps to combat the natural forgetting curve and embed information more deeply.

3. How can you 'read' more books without necessarily reading every single word?

You can 'read' more books by adopting strategic skimming and selective reading. This involves focusing on introductions, conclusions, and specific chapters or sections most relevant to your interests or questions. This approach allows you to extract core arguments and key insights without consuming every detail, making your reading more efficient.

4. What are the main advantages of using an e-reader compared to a tablet for reading text-heavy books?

E-readers, like Kindles, have e-ink screens that mimic paper, reducing eye strain and allowing readability in direct sunlight. They are also designed for minimal distractions, focusing solely on the reading experience. Tablets, with their backlit screens and multiple apps, can cause more eye strain and offer numerous distractions, making them less ideal for extended text-based reading.

5. Outline the 4-step framework for learning effectively with audiobooks.

The 4-step framework for learning with audiobooks includes active listening, adjusting playback speed, taking notes, and reviewing and reflecting. Active listening means engaging with the content, not just hearing it. Adjusting speed optimizes efficiency. Taking notes during pauses captures key insights. Reviewing and reflecting after listening solidifies the learning and helps apply the information.

CLOSING

Where to Go Next

Upon completing "Read More, Remember More," your next step is consistent practice. Immediately apply the habits and workflows you have learned to your daily reading. Experiment with different types of books and refine your capture and review systems to find what works best for you.

Consider exploring related subjects to further enhance your learning capabilities. Topics such as advanced note-taking systems, critical thinking, or specific memory techniques complement the skills developed here. Continue to seek out new knowledge and apply these reading strategies to all your learning endeavors.



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