



Improve your life
with flashcards

Two sides to
more creativity
less stress
and greater fun

6 sample sets
3 free demos

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Two sides to more creativity, less stress
and greater fun

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Leanpub

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*For all those who remembered, all who tried to remember and for
the memorable ones!*

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There's a cartoon that only psychologists find funny. It shows an angry dog on a therapist's couch. The dog says: "Then it hit me: I'm salivating over a god-damn bell."

This book is about one of the best-researched and most underestimated processes happening in every brain. It's about the thing that makes dogs salivate over bells, and the thing that makes us learn, remember and use new things. My hope for this book is this: that it won't be a book that only psychologists find useful.

I'm all about flashcards here, and my belief is this: we're not using enough of them.

As I start writing this book, there are at least four ways in which I could start using a flashcard set to help me get through this Monday morning a bit better. And as I look around the office, I can think of then more ways in which the people around me could start applying flashcards to their projects. We could all start working better with flashcards.

We don't. And this is why I'm writing this book.

Here's what you'll find here, in ten simple sentences:

1. You will understand why flashcards work and how they work best.
2. You will learn why other people's tricks don't work for you and why your system will be perfect.
3. You will find out about various flashcard systems and choose the one that works best for your setting.

4. You will get hands-on insight into how learning works best with flashcards.
5. You will discover quick and easy ways to use flashcards for boosting your interpersonal skills.
6. You will connect your flashcard system to your workflow for easy-flowing productivity.
7. You will create a flashcard survival kit to help you and your loved ones in tricky situations.
8. You will tap into psychology and coaching techniques to apply them to yourself - with one hands-on flashcard deck.
9. You will go beyond the simple flashcard applications, boosting your creativity and potential to inspire or to be inspired.
10. You make it all your own - with a ten-piece checklist to ensure your flashcard set keeps for you.

Who is this book for?

If your goal in life is to beat everyone around you at memorising the order of cards in a deck, or to recite the most digits of pi, close this screen and move on before more time gets wasted. If, on the other hand, you are keen to learn better, function smarter, work with ease and trust your brain more - then keep going, because there will be something for you here.

This book is for learners who would like to remember and re-use things a bit longer than just until the next exam, and are looking for the methods that work instead of the methods that look nice. You will get what you came for, and make it fit into what you've got already.

This book is for the makers with lots of things going on, who are longing to re-connect with that feeling of confidence and trust in their actions: that nice strong feeling that they're doing the right thing in the right way, with ease. Your brain deserves a promotion, and the cost is pretty low.

This book is for the busy mothers and fathers who want to free up some of their brains to think about themselves, but feel that they should always worry and think about everything that might happen. Everyone around you will breathe a sigh of relief.

This book is for those infected with nasty, negative or idle self-talk, combined with a belief that there's no way around it and that's just how their brains work. You will discover a voice that can break through these noises.

This is for the networkers who can't help feeling fake, mis-timed, mis-judged, misunderstood, and unable to shake off these feelings before the next hello and the next handshake. You will get it so right that it'll almost feel like you're not trying.

How does this book work?

Every chapter has a separate goal. The initial few chapters will focus on the theory and research. After that, the content is a lot more practical and inquisitive: in my coaching and consulting work I found that asking the right questions beats giving authoritative suggestions every time.

The chapters are summed up in the final part: this is a mighty fine checklist for rolling your own flashcard set. Again, more questions than directions. Answer them frankly and your set will serve you well.

Finally - the hands-on part. There are sample files included in the additional materials section, along with instructions for importing these into several flashcard systems. These are free for you to use, modify, adapt and re-mix. Treat this as a starter kit for making your own set.

I hope you find this useful. Any suggestions and feedback messages are always welcome, and I'm not that hard to find: try `wiktor [at] thebravecoach [dot] com`.

Let's get to work.