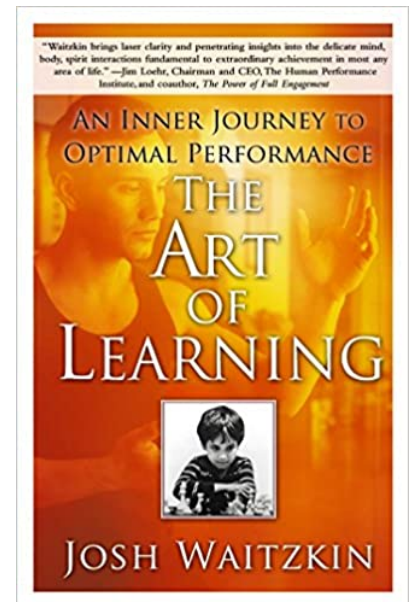


# The Art of Learning Book Summary (PDF) by Josh Waitzkin

Ready to learn the most important takeaways from The Art of Learning in less than two minutes? Keep reading!



## Why This Book Matters:

The Art of Learning gives you the tools you need to think more clearly and perform better.

## The Big Takeaways:

1. **Losing is an essential part of winning.**
  1. If Losing allows you to learn.
2. **Opening yourself up to learning will leave you exposed.**
  1. When learning, we often lose. Losing feels bad. Trust that it is only part of the process.
3. **Learn little by little.**
  1. Take each small task and master it. When you try to accomplish everything at once, you will only find yourself discouraged and ready to give up.
4. **Let the things that get in your way serve as teachers of**

**resilience.**

1. The world was not created to work on your schedule. Learn to carry on despite the small interruptions of life.

**5. Know how to recuperate.**

1. Take your recovery as seriously as your training.

## **Want To Keep Reading?**

1. Read A Longer Form Summary on Blinkist
2. Buy The Book on Amazon
3. Listen To The Audiobook

## **Watch A Video Summary:**

## **Additional Video From The Author:**