

RULE #3

Learn by Repetition

**Learn by listening or reading
the same content many times..**

**This is a simple idea—
but it works like magic!**



What does repetition mean?

**Let's say you're listening to my
podcast or one of my premium courses.**

**And the duration is about
20 to 30 minutes long.**

Maybe you also have the text.

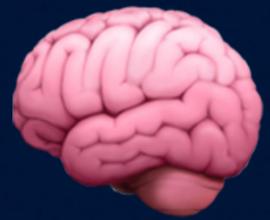
Don't listen just one time.



**Listen 2 or 3 times every
day for one whole week.**

**You can listen and read at the
same time—or just listen.**

**Even if you think you know the
words—repeat again!**



Why repeat so much?

**Your brain needs time and
repetition to remember
new words, grammar, and
pronunciation.**

**That's why it's important to
repeat for several days
not just one.**

**This method helps you remember
English for a long time—
even months or years later!**



This really works!

**Many people who speak 3, 4 or even
8 languages use repetition.**

**They are called polyglots,
I'm also a polyglot, and
repetition is my secret!**

**All my premium courses
follow this method.**





**My students learn faster,
and remember more.**

**Pick one of my podcast episodes, or
a lesson from my premium courses.**

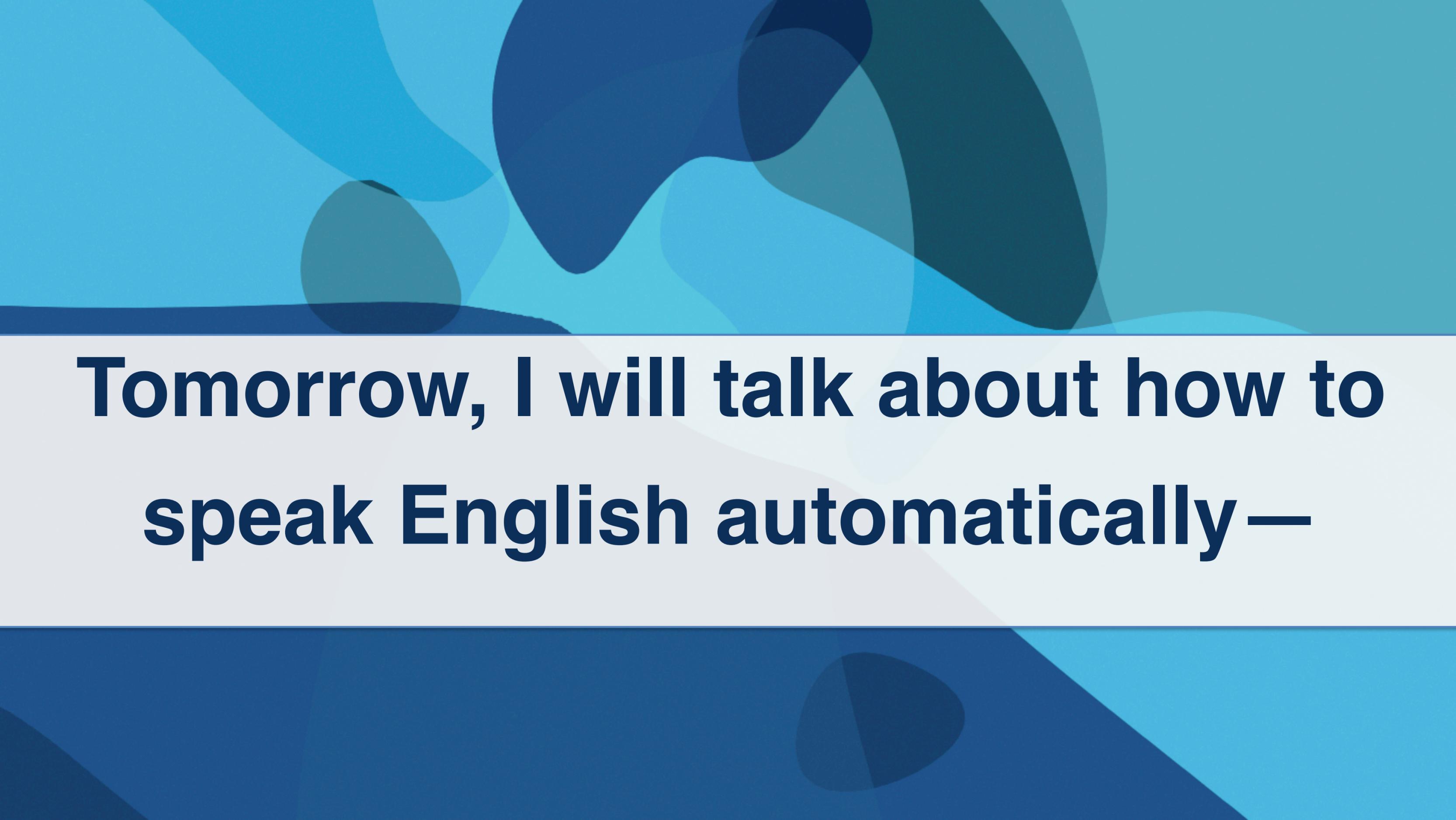


**Listen to the same lesson
for one week. Every day!**

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That's how you learn deeply!

The background features a series of overlapping, semi-transparent shapes in various shades of blue, ranging from light sky blue to deep navy blue. These shapes are organic and fluid, creating a layered, abstract composition. A central white horizontal band contains the text.

**Tomorrow, I will talk about how to
speak English automatically—**