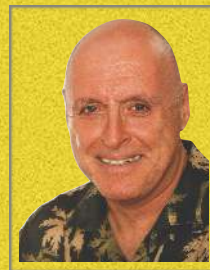


# THE EXTRA POINT

BY JERRY ROBERTS



## # 651 A Way to Help Books Change Your Life

Reading books, the right books, can transform your life. Would anyone dispute that? I'm Jerry Roberts and today, we talk about an article I read that agreed with that, unless we're doing it wrong. That's next on The Extra Point.

Have you ever read Napoleon Hill's book, Think and Grow Rich? Are you rich? How about Dale Carnegie's How to Win Friends and Influence People? How are you doing at winning friends and influencing people?

Have you ever had a friend tell you, "You need to read this book"...repeat after me..."It will change your life." Did it?

So the guy in the article I read says he had a mentor who also told him that books would change his life, but the guy disagreed. He wasn't prepared for what the mentor would say next, to make sure books are life changing.

He said: "The secret is to read one book 10 times, rather than read 10 different books once." Have you ever thought about this? I have, and I've read some books more than once, though I can't recall reading anything 10 times from start to finish.

The reasoning makes sense. Consider this. If you read a book this week, you're engaging the book as you are, in September of 2020. Whoever you are, whatever you are, that's what you bring to the book.

If you pick up the same book five years from now, it's you and your circumstances then, and there could be significant differences. Those differences could determine how much more value you get from the book.

Okay, reality time. While we can acknowledge that you won't get everything out of a book reading it just once, we also have to admit that very few people will ever read the same book 10 times. Okay, then what?

The writer asked a question. What if you could read a book only once but benefit from it as though you had read it ten times? Alrighty then, you have my attention. He said he had a system. Would you like me to share it with you? Happy to. There are five steps. You don't have to write them down. Just grab transcript # 651 at [guamtraining.com](http://guamtraining.com)

Step 1 — Notate. Place a mark next to every concept or idea. Different symbols help distinguish between instruction from explanation.

Step 2 — Distill. When you're done with the book, go back and transfer all those ideas, key points, and explanations to a text document. Make sure you list the book's page numbers next to each entry.

If you find duplicate ideas or points in the book, only add them if the examples used are different from the first time.

You'll find redundancies as you go through your notations. Whenever you see repetition, ask yourself if the new explanation supersedes the old one or if the previous one proves superior.

Step 3 — Edit. Step away from your document for a few days. When you get back to it, reword anything that doesn't make sense. Remove remaining duplications. Cut anything that doesn't advance your understanding of the topic.

Give it a couple of days, then do it again. Repeat a couple of days later. In case you're keeping score at home, you've now been through the key ideas in the book three times.

Step 4 — Assimilate. Most people now move on to the next book. This is wrong. Instead, they should test-drive the information.

(Con't.)

Execution is where the rubber hits the road. Keep reading your summary. Keep practicing the concepts. These ideas become a part of you. They change you. You learn from them, then adapt them, modify them, and make them uniquely yours. You now have gained wisdom from that book.

Step 5 — Reinforce. Once you've got several of these summaries, take the best ideas from all and make a checklist of them. You might end up with different checklists for different topics.

It's the combination of everything you read, broken down into these ideas and checklists that can make a big difference, and you'll find that yes, books can change your life.

The system I've used for about 20 years is fairly close to this, and I think you might get some value out of giving it a try.

That's The Extra Point. Be responsible and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

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