

There is a big difference between knowledge and wisdom. If you want to learn things fast as fuck and actually understand what you are learning I suggest ‘The Feynman Technique’. It was popularized by Richard Feynman a Noble Award-winning Quantum Physicist. Here is a quick guide.

January 27, 2018 | 1782 upvotes | by [Joeycrackem](#)

The Feynman Technique

The Feynman Technique is a method of learning that is incredibly effective for deep understanding and information retention. How many times have you learned something fast only to forget how to do it weeks later? Maybe it was the Pythagoras theorem, back in high school when you crammed for your math exam. Now when your friend asks you to recite it, all you can do is shrug and say

“What the fuck is that? A Harry Potter spell?”

The problem was that you never learned the thing properly, you simply stored it in the temporary storage section of your brain. This is how many people go about learning, reciting things only to forget them later. There is a big difference between knowledge and wisdom, knowledge is having the information, wisdom is knowing how to use it.

The Feynman Technique is a mental model that will help you gain sufficient wisdom in any endeavour. Richard Feynman was a Noble Prize-winning theoretical physicist who was best known for his work in the fields of quantum mechanics, quantum electrodynamics, superfluidity and other groovy shit. To say the least he was a smart dude, he was often called the ‘Great Explainer’ for his uncanny ability to teach complicated principles in layman terms that everybody could understand. Feynman claims that he wasn’t a naturally gifted physicist but managed to make it due to his learning style and hard work. Here is his notorious method for accelerated understanding.

Step One:

Write the name of a concept that you want to learn about on top of a blank piece of paper.

Step Two:

Write down an explanation of the concept using plain English. Pretend that you’re trying to teach it to the slowest person you know or a child. Assume the person has no idea what the hell you are talking about so make sure you cover everything you know simply.

Step Three:

Read over your explanation and take note of the areas in which you are lacking the sufficient knowledge in order to articulate yourself properly. Take note of these areas and return to your source material until

you have a better understanding Use a variety of materials: YouTube videos, books, and experts. Return to step two and simplify further.

Note: When you simply you are cutting out the slack, do not remove things that are important for understanding whatever you trying to learn. You are simply trying to be more concise.

Step Four:

Use the aid of simple analogies, diagrams, metaphors and anything else that can help you commit what you have learned to memory. Come at it from different angles to gain a deeper understanding of the topics. Einstein is often attributed to saying:

“If you can’t explain it simply, you don’t understand it well enough”

The Feynman Technique will ensure that you understand any subject incredibly well.

What Can You Learn Using The Method?

To put it simply you can learn anything with the method from:

- Computer Programming
- Calculus
- Physics
- Economics
- Chemistry
- Mathematics

Anything at all! You might have to modify the method slightly for some disciplines but the main underlying principle is what makes the method so effective.

WHY IT WORKS:

The Feynman Technique works for many reasons. Often when we are trying to learn new concepts we erroneously assume that we have learned them and understood them when in actuality we haven’t fully grasped the concepts.

Feynman once said:

“The first principle is that you must not fool yourself and you are the easiest person to fool.”

This is the first and most critical mistake that many make when trying to learn new things. Writing what you know and trying to simplify it exposes your gaps in understanding.

The second reason it works is through the beauty of neural connections. Think back to 2 weeks ago when you went grocery shopping. Can you remember what you bought or what happened at the shops? Most likely not, your brain does not put much stock into the mundane. Now let’s assume 2 weeks ago you were shopping and you saw three firefighters running towards to deli section. Now that’s a memory you won’t forget, you might remember it for the rest of your life because it was out of the ordinary.

The strongest neural connections are always formed with things that are out of the ordinary. This is why you can remember what you were doing when you heard about 9/11 or can vividly recall your first kiss. Now when you are learning and are up to step 4. You are forced to come up with analogies and metaphors

to help you understand concepts. This simple process is out of the ordinary and allows your brain to have more stimulus to work with, more checkpoints to return to when you trying to recall a piece of information. So that's the Feynman Method, for overrun and an actual real-time example, make sure to check out my animated video here:

[Animated Video Summary: With Worked Example](#)

Archived from theredarchive.com

Comments

GreatGoldSphinx • 110 points • 27 January, 2018 03:26 AM

"Often when we are trying to learn new concepts we erroneously assume that we have learned them and understood them when in actuality we haven't fully grasped the concepts."

In my opinion, that is the most valuable piece of information in this post. If you are not able to explain something accurately, in simple layman's terms, you have not understood fully and you need to work more until you can explain it properly to a variety of people.

[deleted] • 7 points • 28 January, 2018 02:27 PM

How can this apply to trp concepts since I shouldn't talk about it

SDRresume90 • 7 points • 1 February, 2018 08:24 AM

https://en.m.wikipedia.org/wiki/Rubber_duck_debugging

ananyo007199 points 27 January, 2018 07:13 AM **[recovered]**

Glad to see posts like this.

This sub isn't for exclusively fucking women, unlike what too many people believe. Way too many rookie field reports of some wanker feeling half a boob for the first time and transcending into a metaphysical realm of realisations on women these days.

Redpill isn't PUA. Redpill isn't even about women for the most part. It's about becoming good at being a man and that just happens to have something to do with what we're like to our biological counterparts, women.

Realise this.

Joeycrackem[S] • 19 points • 27 January, 2018 02:14 PM

Thanks brother! You are right, Redpill is about becoming an effective men in this crazy world. Many facets to that.

xFLASHYx • 0 points • 29 January, 2018 11:54 AM

Wow after I read this comment, I realised the many facets to becoming a man. Lmao. TY..

K0ngen_af_k0geriet • 25 points • 27 January, 2018 10:18 AM

Not to sound old or obsolete, but word dude. Word.

soyDonEladio • 4 points • 27 January, 2018 06:33 PM

Preach brother, preach!

Seriously though.

[deleted] • 4 points • 27 January, 2018 04:10 PM

I'm gonna disagree a little. TRP is stated as being focused on sexual strategy.

jimbub9 points 27 January, 2018 04:46 PM **[recovered]**

Improved smv comes from becoming an inherently better man, but that should be your main goal, not the

other way around. The rest is just a side effect.

[deleted] • 1 point • 28 January, 2018 11:28 AM*

not everybody wants to be a better man. Some just want to get laid. Some women go for bummy pieces of shit with massive confidence. Maybe some guys want to become more like that in order to replicate. Is that wrong, if a core red pill tenet is "sexual strategy is amoral"? Dark triad traits, these all fall under the scope of TRP, which I'd argue is ultimately further encompassing of reality than "being better men" is. Betas are beta precisely because they think they are being better men.

Not totally arguing with you. Building your smv and self worth in accordance to your values and truly knowing that what you want is what you deserve and you're going to make happen in every realm is optimal, and deeper than just being PUA. But trp is about taking the red pill. That is a specific analogy to understanding the reality of women, men, and sexual competition in an evolutionarily designed market that doesn't give two shits about you if you don't bring something to the table.

[deleted] 27 January, 2018 04:36 PM

[permanently deleted]

ananyo0079 points 27 January, 2018 06:29 PM [recovered]

I know it's semantics, but there's an abyssal difference between being a good man and being good at being a man.

Jack Donovan explains it perfectly in his book *The Way of Men*. He basically starts his argument by asking **is Darth Vader a pussy?**, since he was a morally *bad* man.

htbf • 5 points • 27 January, 2018 06:46 PM

The red pill is amoral.

And Darth Vader was not categorically a bad man. He did wrong things (killing innocent children) and he did right things (killing slavers, killing Palpatine, saving Obi-Wan a million times, etc).

Selfishaltruist181 • 3 points • 28 January, 2018 03:42 PM

The red pill isn't exactly amoral. To play devils advocate, you could argue that TRP is morally good. It promotes happiness, a healthy lifestyle, an emphasis on knowledge, learning and gaining power. The red pill just isn't socially acceptable. To counter my own point though, morals are more to do with perspective and culture.

Kinbaku_enthusiast • 4 points • 28 January, 2018 06:30 PM

The redpill is amoral in the sense that discussions of morality are frowned upon and outside the scope of this sub. How to improve yourself, How to get more of better women, How to improve your financial opportunities, not questions about why you might want to do so or whether it's morally right or wrong to do so.

Though people generally can't leave morality completely behind, it certainly isn't a focus here.

Selfishaltruist181 • 3 points • 29 January, 2018 04:44 AM

To argue another counter to that point would be to say that TRP morals align with

concepts of alpha and beta behavior. What is alpha and will increase your sexual prowess is right and what is beta and will decrease your sexual prowess is wrong. Morals are the reflection of the values of a community and the TRP is a collection of individuals who share similar interests, so it fits the definition of community. So in a way the TRP has a set of morals, and has its own "right" and "wrong".

Kinbaku_enthusiast • 4 points • 30 January, 2018 10:54 AM

I guess you could categorize it like that, but it doesn't make sense to me.

A question of morality is a "should" question. Not a "how" question. TRP is very much trying to answer "how", not "should".

Should one do this or that? It's only discussed when it intersects with other questions.

How does one achieve this or that? That's 80% of this sub.

You could argue that collecting water with a water barrel is the "right" way and that collecting it with a strainer is the "wrong" way, but it really isn't a should question, but a how question.

In that sense increasing options by exhibiting alpha traits either by faking them or making them part of who you are (or better yet a side-effect of pursuing things you care about), is answering a how question whereas without TRP one might answer them through provider/beta traits/lifestyle.

Selfishaltruist181 • 3 points • 1 February, 2018 10:30 AM

When you say it like that you make think of the Catholic church. The Catholic church told its follows what morals to follow and how they should live their life. The red pill tells its readers how they should live their life. Which in turn creates new morals based on the questions of "should i do this or that" and "if i do that am i showing alpha traits". Its a scary parallel, the catholic church was a control structure used to makes sure the masses of the lower class didn't go around rapping and killing people. Maybe the red pill is the same, trying to make sure the next generation of men is left with nothing but killing themselves or others and raping for sexual gratification.

[deleted] • 3 points • 28 January, 2018 11:19 AM

Well then you get can get into mgtow territory, fooling yourself that women have nothing to do with it. I don't think it should be changed. It's stated specifically as sexual strategy for a reason. Its one of the main ways men are very unsatisfied and don't know how to find success. If we suddenly lived on a male-only planet, no women, no kids, I don't think 'becoming a better man' would feel too compelling. Women aren't the sole goal in life, but they can be a huge motivator that is part of a positive feedback loop. Or a cause of depression and withdrawal when success hasn't been realized.

[deleted] • 4 points • 27 January, 2018 11:19 AM

Just as iron sharpens iron, only men can sharpen men. It's nice too see TRP staying true to form in this.

Did you say someone here touched boob and got to third base? Tell your your ways master! ;)

[deleted] • 105 points • 27 January, 2018 05:35 AM

Check out the chapter from Feynman's book on how a friend redpilled him on women:

OsmiumZulu • 23 points • 27 January, 2018 06:21 AM

Very interesting. Thanks for linking that.

TheDELFON • 6 points • 27 January, 2018 04:10 PM

Master of Ceremonies seems very fitting. Good read

IronMeltsinmyHands • 7 points • 27 January, 2018 03:44 PM

The thing about this is, before reading this, I would never have gotten up the nerve to call the girl a whore or call her bluff for my money back.

I think I can do that now.

htbf • 3 points • 27 January, 2018 07:12 PM

How is this not more well known?

[deleted] • 17 points • 27 January, 2018 09:12 PM

If memory serves me, some recent prints of the book , which is titled 'Surely you're joking, Mr. Feynman!' have actually *removed* this chapter altogether, *or* have included a disclaimer, stating that, due to the death of his wife at the time, he wasn't in his right mind, etc., and that the chapter shouldn't be taken seriously.

heartbroken_nerd-34 points 27 January, 2018 07:30 AM* [recovered]

Nice read, I enjoy good fiction :)

There is no way in the world he would remember every dialogue so this is nothing else than a made up story, perhaps it happened but not exactly the way it's told. Far, far from it.

[deleted] • 15 points • 27 January, 2018 04:25 PM

I disagree. Mr. Feynman was an exceedingly intelligent individual, and it seems likely that he recalled the events to a high degree of accuracy.

It was also a nod by him to realizing that just because you are taught that things work a certain way, it doesn't guarantee that it's true. What I get from it, in addition to how to have better success with one-night stands (which I'm not interested in), is to always get advice about a certain topic from those who have great success in that area, which may be wildly different advice than what you've gotten from everyone else.

Richard had the intelligence to swallow his pride and look at the situation logically - what he was doing was *not* working, and what his friend was doing *was* working, and he asked the man for help.

smurfblue • 26 points • 27 January, 2018 09:48 AM

dude you can call the fucking bible "good fiction" by your definition.

Quit being a cunt. The principle of the story stands firm.

redsorcercor101 points 27 January, 2018 03:51 AM* [recovered]

tl;dr take notes on shit until you get it. I graduated college this way.

Bisuboy • 31 points • 27 January, 2018 09:50 AM*

That's how you learn right. If you want an A and have enough time, write a summary of the book while reading it. The parts you immediately understand can be written in short, the parts you have a hard time understanding can be written in detail so that the summary is sufficient.

After that, you can even sum up the summary once more. Write a best-of-summary with stuff that you are still having problems with.

Once I went from just reading to summing everything up, my grades skyrocketed.

people_watcher • 11 points • 27 January, 2018 10:18 AM

This is amazing advice. I love the fact that you said summarize, and then summarize the summary. I never thought about it that way.

[deleted] • 30 points • 27 January, 2018 05:35 AM

Knowledge is knowing that a tomato is a fruit. Wisdom is knowing it does not belong in fruit salad.

CrazyHorseInvincible[M] [score hidden] 27 January, 2018 10:43 AM stickied comment

+1

[deleted] 27 January, 2018 11:14 AM

[permanently deleted]

CrazyHorseInvincible[M] • 4 points • 28 January, 2018 04:20 AM

If you had something better, could have posted it.

Leave content and group direction to the Original Gangstas.

Jake_le_Dog • 7 points • 27 January, 2018 12:03 PM

Fitness and personal development is part of sexual strategy and SMV increase for the long term.

chief-w • 2 points • 27 January, 2018 02:25 PM

I believe the term is "long game"

Like actually making your self a better person instead of just using PUA shit to trick people into overestimating your value.

[deleted] • 9 points • 27 January, 2018 06:07 AM

just the other day I was wondering how I can retain information better and of course redpill delivers not days later

Metalageddon • 8 points • 27 January, 2018 03:06 PM

Yup. You're spot on.

My father described it to me this way,

The brain isn't some linear, binary computer, it's more like a spiderweb. The more connections you make the easier things are stored and recalled. So if you want to learn something practice it in as many different ways as you can. You won't forget it.

Basically the same shit. It also helps to have a wide vocabulary, the more language seems to be cyclical with

memory and comprehension. The more ways you can explain yourself so too, the more you can comprehend and retain.

To this day, if I want to learn and retain something I go apply it in as many different contexts as possible, fueled by as many different sources as possible. It works.

ThePounder • 3 points • 27 January, 2018 07:39 PM

Why was this removed? Quality content that this sub has been lacking lately.

Joeycrackem[S] • 4 points • 27 January, 2018 08:39 PM

No idea, one of the mods removed it. I didn't get a reason why.

Monodok • 1 point • 27 January, 2018 10:45 PM

Did you post it also in another sub?

_Lowd • 1 point • 27 January, 2018 11:22 PM

I saved this meaning to read it later and it's not here. Could you post again or maybe pm me if you have it please

darkshooter190 • 1 point • 28 January, 2018 02:27 AM

Hi man. Is it okay if I got a pm on the post. Saved it yesterday night right before I fell asleep. Was removed when I was awake this morning.

lover_boy97 • 1 point • 30 January, 2018 04:40 PM

You might've just helped me pass my last semester of grad bro. Thank you for sharing !

Ezaar • 10 points • 27 January, 2018 04:57 AM

If you use this and lift you will be an academic beast.

Mckcon • 9 points • 28 January, 2018 07:19 AM

Obviously 'lift bro' was going to creep in here somewhere.

Ezaar • 7 points • 28 January, 2018 04:28 PM

Yea but that shit is true tho fam. My academic performance has increased immensely because of it.

[deleted] 30 January, 2018 01:20 AM

[permanently deleted]

[deleted] • 2 points • 29 January, 2018 08:37 PM

you slay alot of professor pussy?

[deleted] • 6 points • 27 January, 2018 08:08 AM

Thanks. Feynman is the most alpha physicist there is

[deleted] • 2 points • 27 January, 2018 06:37 PM

How do I do this with martial arts

[deleted] • 2 points • 27 January, 2018 07:49 PM

How do I do this with martial arts

thegumby1 • 1 point • 28 January, 2018 02:54 PM

Not an expert but I was a college level wrestler. Some similarities with this method and some differences, the biggest difference is that with a combat skills repetition is a requirement, you have to develop "muscle memory" the ability to perform movements with little to no thought and the only way to get that is practice.

Where the similarity i would say shows up after a foundation is made and you start refining technique. Think critically about sparing sessions take note of the situations you underperform and seek to learn a new technique or perfect one you know to counter that situation. Then get repetitions in so that new move is "muscle memory"

TheFires • 3 points • 27 January, 2018 04:13 AM

Also do/use the things that you learn, practice turns a newbie in to a Master

albus_scirocco • 2 points • 27 January, 2018 03:50 PM

Feynman was awesome. I was forced by my step-dad to read his biography "Surely You're Joking" in High School, and it was pretty eye-opening stuff. I ended up majoring in physics after my Army service because of him.

A few years ago I was diagnosed with Liposarcoma, which is the cancer that killed Dr. Feynman. We've progressed a lot in treatment, obviously, and all it took for me was a couple of surgeries, but I was terrified the whole time, because if it could kill a great man like him, why the fuck wouldn't it kill me????

Throwawaysteve123456 • 1 point • 27 January, 2018 06:07 PM

Or even better, form a study group. This isn't really life changing shit. Explaining a concept, has always been, the most effective way to learn. This is why study groups are the key to the top marks, we all know this already. You also get feedback on your explanations.

Still, it's good to see stuff like this posted.

Stanleyynets • 1 point • 27 January, 2018 11:23 PM

Hey man. I bookmarked this post to go back to it. What gives????? Why is it removed

thecoquettex • 2 points • 30 January, 2018 01:06 AM

It's back :) Where it deserves to be.

[deleted] • 1 point • 28 January, 2018 02:04 PM

This is why you hear that the best way to learn something is to teach it to someone else. What you have described is basically how a good professor prepares for class.

KawfeeSpill • 1 point • 28 January, 2018 09:16 PM

Learning how to Learn is the first step to Learning.

Richard Feynmann, likely.

The Art of Fighting without Fighting.

Sun-Tzu, via Bruce Lee, likely.

[deleted] • 1 point • 29 January, 2018 10:11 AM

If you cant explain it simply than you dont understand it well enough.

burnyr[] • 1 point • 29 January, 2018 04:21 PM

Great post, I needed this. I'll be sure to try it out and see if it works out for me.

milesl • 1 point • 29 January, 2018 04:57 PM

Thanks, Went to Youtube and downloaded and converted videos to mp3 on The Feynman Technique. Putting them on CD and will listen to it on my 30 minute drive to and from work!

rakeshgupta1 • 1 point • 11 February, 2018 02:08 AM

I have got to do it this way!

p3n1x • 0 points • 27 January, 2018 03:45 AM

knowledge is having the information, wisdom is knowing how to use it. Feynman Technique ... will help you gain sufficient wisdom

Wisdom is experience.

Bit of a logical fallacy. Feynman Technique can't teach you what years of hard labor is like. It can't teach you how it feels to grow a pair of balls, approach a girl and deal with a rejection.

It may help you fake it till you make it, but that is not actual wisdom.

puq1 • 1 point • 27 January, 2018 04:53 PM

tl;dr

1. Write down the problem.
2. Think real hard.
3. Write down the solution.

Code-FDSD • 1 point • 27 January, 2018 05:49 AM

I appreciate it. Thanks. I will try it out.

AGameofTrolls • 1 point • 27 January, 2018 08:40 AM

Need to learn this method ASAP

dazed111 • 1 point • 27 January, 2018 09:35 AM

What book did he mention this technique in. I have read *surely you're joking* and I don't recall this technique

Riace • 1 point • 27 January, 2018 12:45 PM

Step 3 there's a word missing:

When you simply you are cutting out the slack

El_Maltos_Username • 1 point • 27 January, 2018 12:56 PM

Step 2 is important! You can really gain deep understanding when you try to explain/teach something.

Ninjascubarex • 1 point • 27 January, 2018 01:51 PM

Basically, you don't understand something until you can explain it to someone else so they understand it.

MattyAnon • 1 point • 28 January, 2018 10:49 PM

To put it simply you can learn anything with the method from: Computer Programming Calculus Physics
Economics Chemistry Mathematics

While true, it's not like this method will teach you computer programming or any of the others. It's a way to solidify your understanding of ONE concept. Each of the above fields has a hundred basic concepts before you even begin to get onto something useful.

ohyeawellyousuck • -4 points • 27 January, 2018 06:19 AM

It's called the Pythagorean theorem, not the Pythagoras theorem. Kind of blows my mind you used this as an example, but I digress.

It's a solid post because this is key in bettering yourself, something that this sub has drifted away from in the past year or so, focusing instead on field reports full of confirmation bias, and rants that draw absurd conclusions from limited data in news stories.

Personally, I've been questioned about why I would, as an example, take notes during a lecture when the PowerPoint slides were given to us. The act of re-writing something is miles more effective for comprehension than simply reviewing a slide, or, even worse, using a highlighter. Usually those making fun of the effort I was putting in would hit a solid 60-70% come exam time, and blamed it on base intelligence to explain why others scored better. It's akin to those who blame steroids and genetics for every fitness transformation they see, saying bullshit lines such as "If I did exactly that, it wouldn't work for me. It isn't fair, but that's the way the world is." Yes, some people have it easier. But blaming lack of progress on things you can't control is a waste of time, and something that children do. Be a man, get after it, and you'll achieve what you set your mind to.

people_watcher • 16 points • 27 January, 2018 10:15 AM

Actually, calling it the Pythagoras Theorem is acceptable, although not as widely used as the Pythagorean theorem. A quick Google search shows that it may be mainly a British thing.

May I suggest not being a dick about something this insignificant next time?

Joeycrackem[S] • 4 points • 27 January, 2018 02:15 PM

AHhah In Australia where I am from it's called the Pythagoras Theorem because it's a theorem by Pythagoras. lol, my man!

IronMeltsinmyHands • 0 points • 27 January, 2018 03:18 PM

So basically, keep doing what I've been doing. Neat.

Kenny_Twenty • -3 points • 27 January, 2018 03:37 PM

This sucks. It's toothless and devoid of any actual substance. I don't find this helpful at all.

What a waste of a minute and a half.

rigbed • 0 points • 27 January, 2018 03:06 PM

Can you use this as a teacher

[deleted] • 0 points • 27 January, 2018 03:40 PM

I think one can understand something but not be great at articulating it. You can also be great at articulating something and not really understand it.

[deleted] • -4 points • 27 January, 2018 12:09 PM

Feynman: "We went into the bar, and before I sat down, I said, "Listen, before I buy you a drink, I want to know one thing: Will you sleep with me tonight?"

Nice southern girl: "Yes." "

keep your gay pua sperg shit to yourself boys, he said!

Kenny_Twenty • -1 points • 27 January, 2018 03:39 PM

This is the most valuable piece of information in this entire thread.