

# How to internalize what you read?

March 14, 2019 | 98 upvotes | by [LopsidedLemon](#)

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Currently reading 48 laws and it's a lot to take in. How do you guys internalize the stuff you read so you don't end up forgetting it?

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## Comments

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NordicVikingKing • 96 points • 14 March, 2019 02:14 AM

I'll read quality literature several times and summarise chapters into my own words, just like studying for an exam. Next, you need to put that theory into practice as soon as possible so you get the link. Practice, practice and more practice!

LopsidedLemon[S] • 11 points • 14 March, 2019 03:10 AM

Thanks for the response. I'll have to start doing that. I think I'm trying to get through too many books too fast. As soon as I finish one, I start another. I'll try summarizing what I read and of course putting theory into practice is essential.

rad\_dynamic • 4 points • 14 March, 2019 03:01 AM

Yes. Most people here expect over night results.

LopsidedLemon[S] • 23 points • 14 March, 2019 03:12 AM

I'm not trying to come off as wanting overnight results. If there's one thing I know it's that anything worth doing takes hard work and time.

rad\_dynamic • 2 points • 14 March, 2019 05:27 PM

I said most. There was nothing in my reply that was aimed at anyone in particular.

omega\_dawg93 • 3 points • 14 March, 2019 11:43 AM

yep. these are likely the same people that are in the fitness forums... been working out for 6 months and expect to be mr. universe.

ChesterRickman • 1 point • 14 March, 2019 01:22 PM

After committed 6 months you can look pretty good if you started out as an average guy around 16% bf 180lbs.

omega\_dawg93 • 1 point • 14 March, 2019 04:12 PM

you're forgetting genetics overall and myostatin levels in particular.

everyone isn't genetically blessed to pile on muscle, lose fat, and be able to transform themselves in 6 months; they are known as hard-gainers.

and how many are "super committed?"

i know guys getting jacked on roids, training heavy for 3 to 4 days per week, eating sloppy, and trying to walk on stage in September. they still look about the same as when they started.

it's all about genetics or it would be easy for all of us. it's not.

ChesterRickman • 1 point • 14 March, 2019 07:14 PM

I'm not talkong about gymrat body, for most guys an ottermode would be a giant improvement but their consistency in anything health related is shit usually.

Project\_Zero\_Betas • 34 points • 14 March, 2019 02:16 AM

Highlight the text while reading, type up notes in a word file at the end of each chapter, just like you would if you were taking a college class and trying to get an A.

InvictusDO • 24 points • 14 March, 2019 03:45 AM

hand writing it will likely provide better results

inittowinit777 • 11 points • 14 March, 2019 07:06 AM

Most definitely. Hand writing is the way to go.

omega\_dawg93 • 3 points • 14 March, 2019 12:02 PM

this. this. this!

taking notes by hand and writing them over and over while condensing the notes each re-write got me thru college, twice.

Project\_Zero\_Betas • 1 point • 14 March, 2019 08:52 PM

I used to but if you put it in a word file it makes it easier to search through your notes when you want to go back and specifically check out a reference (i.e. doing a keyword search).

NASCARNormie • 10 points • 14 March, 2019 02:16 AM

get a notebook and write it down

Nomsonfacekcool • 1 point • 28 March, 2019 05:56 PM

Take notes in the margins. As a young teen I did this with how to win friends and influence people, and the actual content didn't even stick with me as much as the language and way of speaking. But the stuff that I liked I still use.

serious\_joe\_92 1 points 14 March, 2019 04:22 AM **[recovered]**

This is one of the few books that I keep rereading. I use it to put me in a strategic mindset

LopsidedLemon[S] • 1 point • 14 March, 2019 01:09 PM

Yes. I feel like 48 laws of power is a 'lifelong' book. Definitely not a one-and-done.

FieldLine • 6 points • 14 March, 2019 04:53 AM

You read enough on the topic until you get a broad sense of what's going on. The precise details that you can quickly reference if need be aren't important to remember, even at the mastery level.

It'll come even faster if you can implement it somehow -- practice talking to people for social psychology, do problems for physics/math, write software for CS -- but sometimes that isn't an option, as with history and economics.

huey764 • 22 points • 14 March, 2019 04:16 AM

The smart man writes it down.

The dumb one remembers it.

ghosts\_of\_me • 5 points • 14 March, 2019 04:33 AM

Read for years and think about it all the time eventually it will become a part of you.

ThinSpiritual • 5 points • 14 March, 2019 08:26 AM

Step 1 is to stop trying to internalize *everything*. With anything, the process of learning and eventually having wisdom is to convert what works for *you*.

Write concepts that appeals to you in a note app in your phone, write them in your own words. Verify all theories in reality, some works better for you, some don't. Don't force yourself to absorb everything.

[deleted] • 4 points • 14 March, 2019 03:42 AM

Besides from acting on it, you could look at real life examples and try to apply that logic. 48 Rules of Power also has a long list of recommended reading at the end. You could try reading a few of those and seeing how the rules apply to each.

[deleted] • 5 points • 14 March, 2019 03:46 AM

Read it 15 or more times and then practice it.

kaolin224 • 3 points • 14 March, 2019 05:57 AM

When it comes to retaining information, everyone is a little different. It's a matter of figuring out which combination of learner you are. Depending on the activity, it'll be different.

In the example of reading:

- 1) Some are good seeing the text and absorbing with a single read or two.
- 2) Some learn better by hearing it. These are the assholes in school that never take notes and still ace exams. The alternate form of those with eidetic memory.
- 3) Others retain it faster if they read it aloud (or follow with an audiobook) for both visual and audio impact. This works best for me.
- 4) Others prefer highlighting the text or tracking underneath with a stylus because the motion helps them stay focused.

resnine • 2 points • 14 March, 2019 07:07 AM

Quizlet + Anki.

Review often.

hrm0894 • 1 point • 14 March, 2019 02:20 PM

Any reason to do both? I've been using Anki recently and dropped quizlet completely. The main positive to Quizlet is that it doesn't require a learning curve and can give you mini quizzes.

resnine • 1 point • 15 March, 2019 02:16 AM

Not really either one is good. I actually prefer Quizlet a little more.

rugged79 • 2 points • 14 March, 2019 09:00 AM

A mixture of field experience and reading. After a while, you will start identifying instances IRL.

The society that separates its scholars from its warriors will have its thinking done by cowards and its fighting by fools.

-Thucydides

Numero34 • 2 points • 14 March, 2019 11:42 AM

## Mortimer Adler's *How To Read A Book*

hrm0894 • 2 points • 14 March, 2019 02:24 PM

To internalize what you've read you have to read the same *subject* over and over and over from different books/formats/articles. And while you're doing it, you should apply it if you plan on becoming an "expert" in the field.

Life isn't like school where you have to study a useless class and then forget about it after the semester ends. Read what interests YOU, that way reading won't be a difficult task and focusing will be a breeze.

Bebonator4 • 2 points • 14 March, 2019 03:39 PM

I disagree with most ppl here that bring up highlighting, reviewing and making notes. If you're like most ppl you're just gonna hate it and stop reading altogether. Auto suggestion, emotional connection and practice are key. 1. Auto suggestion just means repeated exposure. Once you're done reading the book watch videos and listen to podcasts related to it = the same information talked about in a different way. Just doing this long enough will internalize the content for you. 2. Emotional connection just means that it has to be relevant to your experience. Eg. You go to the gym for the first time and you watch a relevant video after - much easier to remember as opposed to watching the vid before. And if you're learning something without previously experiencing anything related then choose the books with examples. TLDR eliminates this "fluff" but that's exactly what your reptilian limbic brain needs to make the necessary associations and remember it long term. 3. Practice - same as #2 except this time you're acting based on both knowledge and experience -> involves both your rational (neocortex) and limbic brain -> internalization.

lokilis • 2 points • 14 March, 2019 09:49 PM

Check out the article "How to Read a Book: The Ultimate Guide by Mortimer Adler" on fs.blog . tl;dr, write in the margins to summarize or "argue" with the author.

buddhismo\_communisto • 1 point • 14 March, 2019 03:56 AM

Feynman Technique.

Numero34 • 1 point • 14 March, 2019 11:44 AM

What's that?

buddhismo\_communisto • 2 points • 14 March, 2019 01:50 PM

Google it.

Numero34 • 2 points • 14 March, 2019 02:03 PM\*

Thank you for not enabling my laziness.

Looks pretty good.

The-Wizard-of-Oz- • 1 point • 14 March, 2019 03:58 AM

Mind map. I don't write paragraphs but it's the best way.

Use XMind. (play store) Each thing you wanna remember should be on the map in a concise manner. ARRANGE logically.

HumptyDumptyFellHard • 1 point • 14 March, 2019 04:09 AM

Having a journal where you write down all your thoughts is something that helps me.

imtheoneimmortal • 1 point • 14 March, 2019 06:28 AM

I'm reading that book and after I'll write in my copybook to understand and use better

hazelstein • 1 point • 14 March, 2019 08:48 AM

"Its a lot to take in" thats what she said. Joke aside. Write what you think is important, try it out.

professor\_mcamateur • 1 point • 14 March, 2019 09:26 AM

Reading itself is the internalization...

Willfully changing one's behaviour based on something seems more "externalizing" in some sense.

Not to be too concerning, but I kind of read your question as, "How do you read?"

Personally, I just try to read quickly and skim back a little if I want to revisit something, or if it is more perplexing I would read slower.

As far as "putting things into action," so to speak; it's mainly about honest belief, IMHO.

Green's 48 Laws is overrated in my opinion although I haven't read it thoroughly. That route is probably max red pill if you can actually "internalize" and "externalize" every so-called "law of power" yet I feel as though a person might end up in sort of a pandora's box type deal. Potential for ultimately working against yourself trying to force learn significant life-changing dynamics (obviously it depends on your own situation) and over-grabbing for "power..."

Maybe just keep skimming through it until something actually happens where you can refer back to Greene's and re-evaluate the real life situation and how you handled it, and hopefully learn from it.

That's sort of why I didn't like the book at a glance (watched Youtube recaps) and possibly why it's like, "what do I do with this" for you.

Power for what? Where are you going with it? Do you just want to "spark" an engaging conversation or are you going for Machiavellian tactics or what? Don't be such a pussy.

machocornflakes • 1 point • 14 March, 2019 12:32 PM

Don't just take notes, you can get a summary anywhere online for that.

Think of situations you can try and apply it, take notes, then do that.

When you come across something that you find interesting, think, how does this apply to my life? Can I imagine a situation this will be useful? It can also have you reflect on your good decisions (which might have been intrinsic or just lucky) and where you made unconscious mistakes.

This helps you improve internalizing it by relating it closely to your own life making it easier to understand and remember.

Your story is the one you know best.

philtered • 1 point • 14 March, 2019 12:50 PM

Write down, recall with spaced repetition, practice in real life situations, discuss with a friend who understands it, participate in forums here....

it's the long grind of delayed gratification

Fulp\_Piction • 1 point • 14 March, 2019 12:59 PM

You can't force it in. Read, highlight key points, apply, internalise.

Venenarium • 1 point • 14 March, 2019 01:06 PM

48 laws of power is rubbish. The book contradicts itself in many places and all of the so called 'laws' are really just one dude's opinions based on like 3-4 situations, cherry-picked from the entire human history.

In the same manner as the book is written, you could write 48 completely different "laws" that would directly contradict the original 48 laws. You'd just need to cherry-pick different 3-4 events from the history.

It was an entertaining read but calling anything in it a 'law' is bold. It's good to think that you read books, my advice to you is think for yourself while you do it.

gringomasloco • 1 point • 14 March, 2019 01:25 PM

Read it again. And do it.

ChadTheWaiter100 • 1 point • 14 March, 2019 02:24 PM

Same thing as anything else. Repetition and practice.

cluelessguitarist • 1 point • 14 March, 2019 02:43 PM

You can also see some videos about the laws of power in youtube, that works too.

mickey\_\_ • 1 point • 14 March, 2019 04:19 PM

What about sidebar and posts here, how does one read it and remember it when it needs to? Everything get in in one ear and left through another

garrypig • 0 points • 14 March, 2019 04:53 AM

What is 48 laws?

AyubKhan31 • 1 point • 14 March, 2019 11:35 AM

48 Laws of Power by Robert Greene. Look it up, it's a good book

Thisismybot8 • -2 points • 14 March, 2019 03:38 AM

It's called focusing.

Chadster113 • -1 points • 14 March, 2019 02:51 AM

To practice it in real life duh