

Complete Guide to Effective Reading

<https://medium.com/@maartenvandoorn/the-complete-guide-to-effective-reading-fc1835937757>

41 Skills to Forget Unless You Want to Completely Waste Your Time This Year

<https://medium.com/swlh/41-skills-to-forget-unless-you-want-to-completely-waste-your-time-this-year-a4132ebcb5ab>

Shane Parrish's 'Blank Sheet' method

<https://fs.blog/2013/05/how-to-retain-more-of-what-you-read/>

Me, Myself, and Us: The Science of Personality and the Art of Well-Being by Brian Little

How to Become a Straight-A Student by Cal Newport