



# Effortless English

## Getting Started

1. Go to the Forums and Register now: <http://www.EffortlessEnglishForums.com>  
Click “**Register**”  
Create a Username and Password  
Introduce yourself to other members. Ask questions.

2. Download the first lesson set

3. Read “How To Use The Lessons” below:

## How To Use The Lessons

Welcome To Effortless English.

You now have a link to the download page. **Save the email and link. Do not lose it.** It is the only way you can download each lesson set.

Each lesson Set has at least 3-4 different lesson files. All lessons in a Set have the same name. These lessons go together. Every day, you will listen to all the lessons in ONE lesson SET (all the lessons with the same name). You will listen to only one set for a week or more.

This is very important. You will only improve quickly if you follow this method-- one lesson set every day-- the same lessons set every day for a week (or more).

Some sets have more than 3 lessons.

What kind of lessons are in each set, and how should you use them?

**\*A Text Article** (Adobe .pdf file)

Read the article. Do not “study” it. Don’t try to memorize it. Just read it a couple of times each day and review new words. Use a dictionary to translate difficult words, if necessary.

**\*Vocabulary Lesson** (MP3)

Just listen. Don’t try to memorize the words.

**[www.EffortlessEnglishClub.com](http://www.EffortlessEnglishClub.com)**

### **\*Mini-Story Lessons(MP3)**

This is the most powerful lesson. First time, just listen. Then, listen and pause after each question. Answer each question loudly in English, then play again. Don't worry if you don't understand everything. Don't worry about mistakes.

#### **In the Mini-Story, I will do only three things:**

1. I will make a statement. After a statement, just say, "Ahhhh" or "Ohhhh".
2. I will ask a question that you know the answer to. Just answer the question. You don't need to answer with a sentence. You can answer with only one or two words.
3. I will ask a question that you don't know the answer to. Guess. Yell a guess immediately. Again, you can guess with just one (or a few) words.

Saying a correct and exact answer is not important. The most important thing is speed. Try to answer very quickly (remember, **one word is fine**). Speed is your goal. **You want short fast answers, not long answers!** In the beginning, this may be difficult. That's OK. Use your pause button.

Listen to this lesson many times every day for at least a week. The Mini-Story is the MOST IMPORTANT LESSON in the Effortless English system. Listen to these lessons the most.

### **\*Audio Article (MP3)**

Just listen. Relax and enjoy it. Listen to it several times each day for at least a week. Your goal is to understand 100% instantly and automatically.

Some sets also have:

### **\*Point of View Mini-Stories**

These are a way to improve grammar fluency, without studying. Just listen carefully. Relax. Do not think about grammar rules. Not all lessons have POV stories.

### **\*Commentaries**

These are extra talks about the topic. They might seem very difficult.

If they seem too difficult, skip them. The Commentary lessons are the LEAST IMPORTANT lessons in the Effortless English system. You probably won't understand everything-- its normal. Just relax and listen.

### **Suggested Lesson Order (Every Day Using The Same Set):**

1. First, read the Text article. Read and review it, do not "study" it. Don't try to memorize it.
2. Listen to the Vocabulary Lesson a few times
3. Listen to the Mini-Story Lesson several times
4. Listen to the Point of View Mini-Story, if there is one, a few times.
5. Listen to the Audio many times
6. Listen to the Commentary once (if there is one, and if you can understand it).

### **Learning Schedule**

Effortless English is a deep learning system. You will learn each lesson very well. You will relax,

go slowly and learn to speak English easily and automatically.

The best study schedule is as follows:

\*Study one lesson set for a week or more. That's right, only one set for at least a week. If you get bored, make a game with the Mini-Story lessons-- try to answer each question faster and faster.

\*Everyday, listen to all of the lessons in the lesson set. Try to listen to each lesson (in the set) at least two times every day.

\*Listen at least one hour every day. **Two hours every day is best.** Its OK to divide your time during the day. For example, you might listen 30 minutes in the morning, 30 minutes going to work, 30 minutes during lunch, 30 minutes going home, and 30 minutes before going to sleep. In fact, this is an excellent way to learn.

\*Relax :) Do not think about grammar rules. **Just listen** to the lessons and enjoy them.

\*Start with the first lessons (at the top of the list).

Even if the lessons seem easy, listen to only one set for a full week. You might know the words very well, but you need them to **go deep** into your brain. You need a lot of repetition and a lot of answering questions. If the lessons seem easy, try to answer the questions very quickly-- make it a game.

If the lessons seem difficult-- just **relax**. You can listen to one lesson set for 4 weeks, or 10 weeks if necessary. Don't worry about doing a lot of lesson sets. This is not important. Relax and focus on understanding. Go slowly. You will improve a lot, even if you listen to only one lesson set for 10 weeks!

### **The Effortless English Forum**

As a user of the Effortless English System, you can join our Forum. The Forum is a place to meet other members. This is a new bonus for users of The Effortless English System.

**Go to the Forum at:** <http://www.EffortlessEnglishForums.com/>

Use the Forum to meet other English speakers from all over the world. Schedule Skype discussions with other members. Share opinions, suggestions, and information.

When you try to add a comment, you will be asked to login.

**Click "Register"** and create an account.

Later, you will login with the username and password you created.

### **The Effortless English Wiki**

As a user of the Effortless English System, you can also join our Wiki for free. What's a wiki? A wiki is a group website. Each member can add pages and edit them.

**[www.EffortlessEnglishClub.com](http://www.EffortlessEnglishClub.com)**

You can, for example, create your own page to introduce yourself to other Effortless English members. You can also add a link to your personal blog or webpage.

And the wiki has a chat room where you can talk to other members who are online when you are. To get started with your own page, go to:

<http://effortlessenglish.pbwiki.com/>

The password is: **wuwei**

### **My Blog**

Do you want to learn more about Effortless English? Do you have a comment or suggestion for me?

Read my blog at:

<http://www.EffortlessEnglishClub.blogspot.com>

You will learn more about the Lessons. You'll learn more about me. You'll hear about new Lesson Albums that are coming. And you'll learn more about learning English fast and easily.

You can also leave a comment for me!

Good luck and enjoy the Effortless English System,

A.J. Hoge

Director

Effortless English, LLC.

[www.EffortlessEnglishClub.com](http://www.EffortlessEnglishClub.com)

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