**حمیدرضا: لینک خرید کناب میباشد لطفا بررسی شود**

**Recommended Reading**

* [**Make it Stick**](https://geni.us/Ds2gQZ)
* [**Tricks of the Mind**](https://geni.us/DBeh)
* [**How to Develop a Super-Power Memory**](https://geni.us/dGRJ)
* [**The Motivation Myth**](https://geni.us/kAECB)
* [**Deep Work**](https://geni.us/qse8Xt)
* [**The Pomodoro Technique**](https://geni.us/Bhth03)

**Studies Cited**

* [**Improving Students’ Learning With Effective Learning Techniques: Promising Directions From Cognitive and Educational Psychology (Dunlosky et al 2013)**](https://bit.ly/2Umukaq)
* [**Effectiveness of highlighting for retention of text material (Fowler & Barker 1974)**](https://psycnet.apa.org/record/1974-33185-001)
* [**Type of Highlighted Material and Examination Performance (Leicht & Cashen 2014)**](https://www.tandfonline.com/doi/abs/10.1080/00220671.1972.10884329?needAccess=true&instName=University+of+Cambridge&journalCode=vjer20&)
* [**Better Mood and Better Performance: Learning Rule-Described Categories Is Enhanced by Positive Mood (Nadler et al 2010)**](https://journals.sagepub.com/doi/abs/10.1177/0956797610387441)

**Other Useful Resources**

* [**Screw Motivation - What you need is Discipline**](https://www.wisdomination.com/screw-motivation-what-you-need-is-discipline/)
* [**Practical Discipline**](http://www.wisdomination.com/practical-discipline/)

**Recommended Videos**

* [**My video about why rereading, summarising and highlight are ineffective, and the evidence behind why Active Recall is the single best learning technique**](https://www.youtube.com/watch?v=ukLnPbIffxE)
* [**My video about the evidence behind Spaced Repetition and some ways in which we can apply it to our studying**](https://www.youtube.com/watch?v=Z-zNHHpXoMM)
* [**My Favourite Note-Taking App for Students - Notion**](https://www.youtube.com/watch?v=ONG26-2mIHU) **در پلی استور موجود است.**