

How to Learn Any Language
Fast and Never Forget It



FLUENT FOREVER

Gabriel Wyner

Supplemental Companion to the Audiobook

CHAPTER 1 - INTRODUCTION: STAB, STAB, STAB

page 11 - [Fluent-Forever.com](https://www.fluent-forever.com)

The Fluent Forever website where you will find information about the Fluent Forever method, language resources, and materials to help you with your language learning.

page 14 - [Fluent-Forever.com/language-resources](https://www.fluent-forever.com/language-resources)

A list of my favourite internet resources for language learning.

page 15 - [Lang-8.com](https://www.lang-8.com)

An exchange site where native speakers will correct your writing in exchange for you correcting theirs.

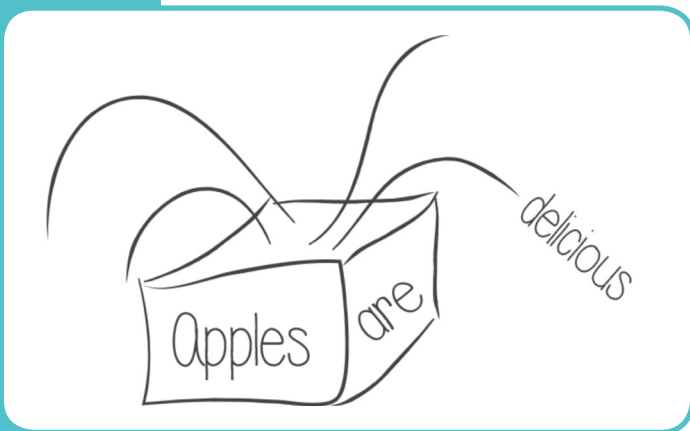
page 15 - [iTalki.com](https://www.italki.com)

A website full of extremely affordable online private tutors to help speed up your learning.

CHAPTER 2 - UPLOAD: FIVE PRINCIPLES TO END FORGETTING

Page 25

Since we need to learn words, not pictures, we will use combinations of words *and* pictures. This effect even applies to totally unrelated images: you will remember an abstract drawing with the sentence “Apples are delicious” better than that drawing alone.



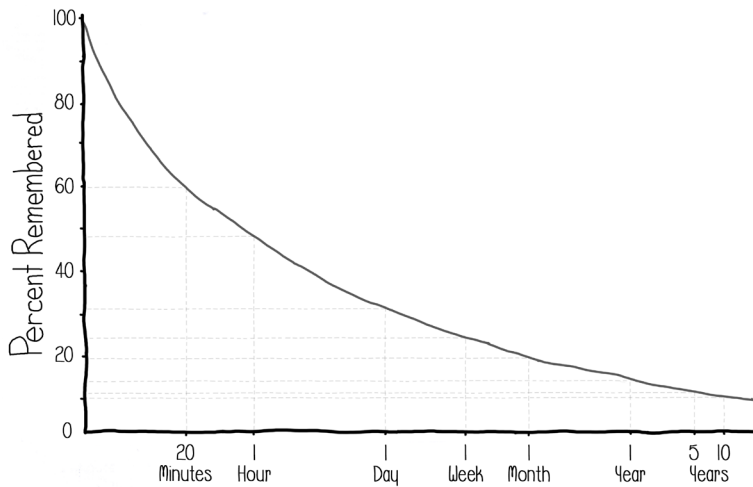
page 26

images.google.com

Find images that represent the new words you are learning via Google.

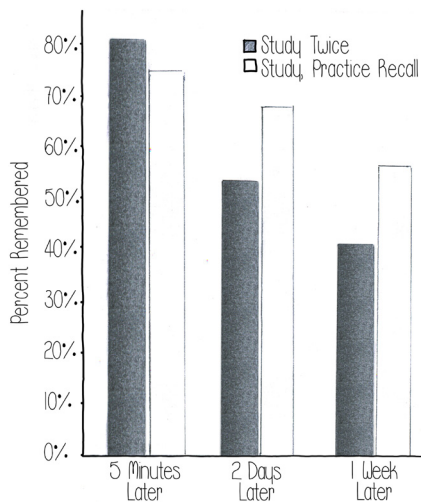
Page 28

The curve reveals how rapidly we forget and what remains once we've forgotten.

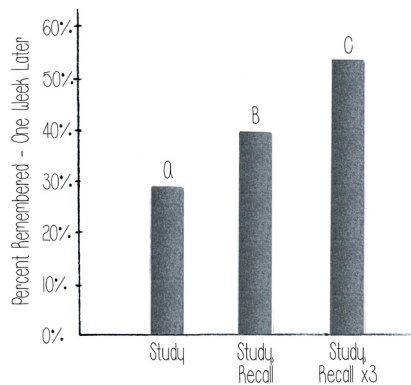


Page 30

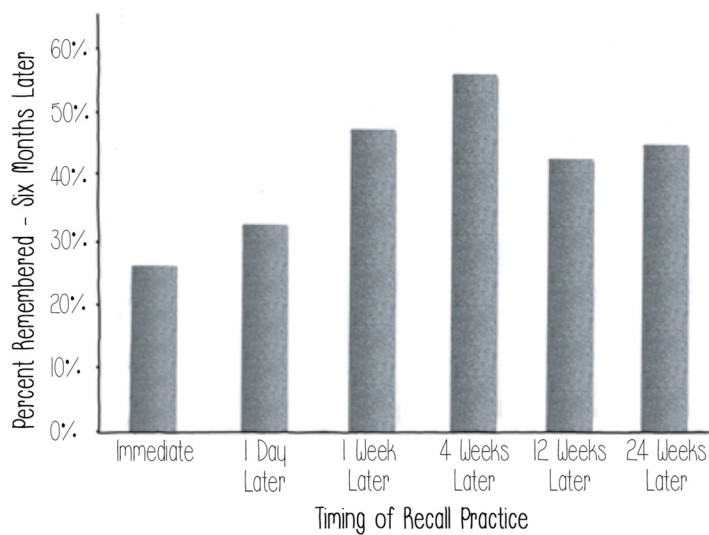
Students either read a text twice or read it once and wrote down what they remembered. They then took a final test five minutes, two days, or one week later.



Here are your final recall results, one week later.

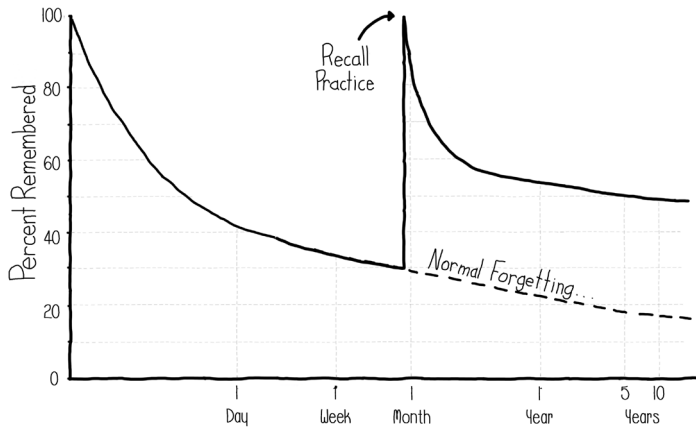


Depending on the timing of that single practice session, you'll see quite different results.



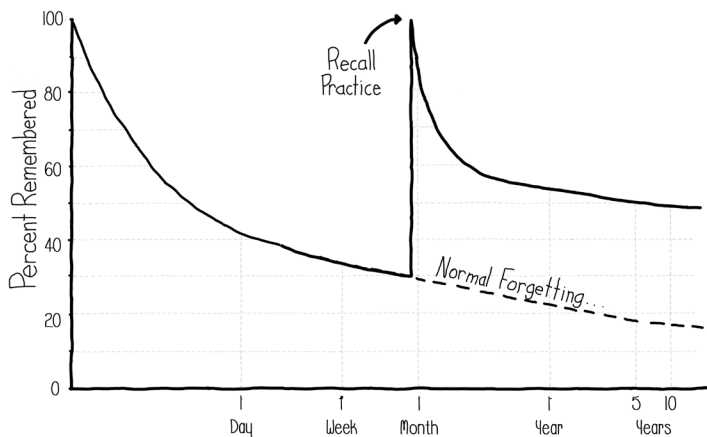
Page 41

There is a complex balance between the advantages of *nearly* forgetting and the disadvantages of *actually* forgetting, and it breaks our forgetting curve in half.



Page 42

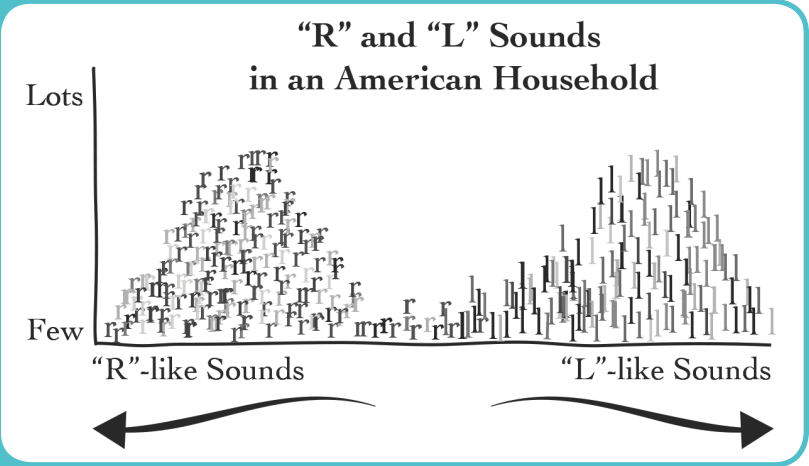
If immediate recall practice is good, and delayed practice is better, and if one session is good and many sessions are better, what happens if you delay your recall practice many times?



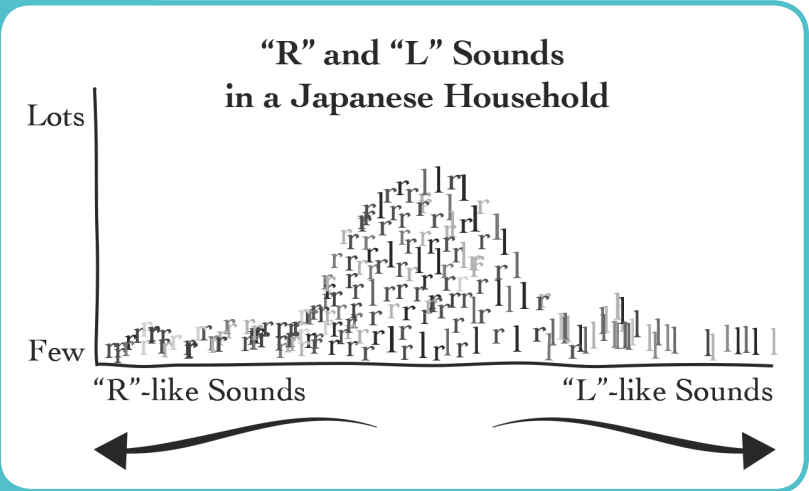
CHAPTER 3

SOUND PLAY

Page 59 We tend to think of *r* and *l* as two distinct sounds, but they are not.



Page 60 A baby in a Japanese household may hear many of the same sounds, but most of these sounds fall directly in the middle of the R-L spectrum.



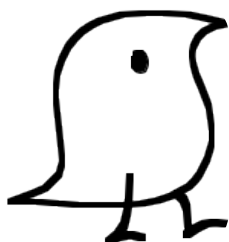
page 62

[Fluent-Forever.com/Chapter3](https://www.fluent-forever.com/chapter3)

Here you can find an ever growing list of minimal pair tests for many languages.

Page 63

There's a neat linguistic test that researchers like to perform on 5-year olds. They show them a weird bird drawing and proclaim "This is a wug!"



page 68

[Fluent-Forever.com/Chapter3](https://www.fluent-forever.com/chapter3)

Here you can find a series of YouTube videos to help you get the pronunciation information you need to understand how your mouth does what it does.

page 79

[Fluent-Forever.com](https://www.fluent-forever.com)

The Fluent Forever website where you will find information about the Fluent Forever method, language resources, and materials to help you with your language learning.

page 79

[Forvo.com](https://www.forvo.com)

Free, native-speaker recordings of more than 1.5 million words in 300 languages.

page 79

[RhinoSpike.com](https://www.rhinospike.com)

A website for native-speaker recordings where you submit a text and someone will record it for you, usually within 24-48 hours. A great resource for minimal pairs and full sentences with intonation.

page 80

■ Fluent-Forever.com/Chapter3

Here you can find a series of YouTube videos to help you get the pronunciation information you need to understand how your mouth does what it does.

page 80

■ Wiktionary.org

Free resource with online dictionaries for many languages, with pronunciation entries in IPA for many words.

page 80

■ FSI-Language-Courses.org

Free, public-domain textbooks online for many languages. (N.B. Access is via a slightly different link, as linked to above.)

page 81

■ Fluent-Forever.com/Chapter3

My pronunciation trainers provide you with minimal pair tests, spelling rules, example words and enough vocabulary to ingrain the sounds and spelling patterns of your new language in your head. They run on Anki, and over the course of using them, you'll get a sense for how Anki works (and you'll be ready to make your own flashcards).

page 81

■ iTalki.com

and 82

A website full of extremely affordable online private tutors to help speed up your learning.

CHAPTER 4 - WORD PLAY AND THE SYMPHONY OF A WORD

page 90

[Forvo.com](https://forvo.com)

Free, native-speaker recordings of more than 1.5 million words in 300 languages.

page 91

images.google.com

Find images that represent the new words you are learning via Google.

page 91

Fluent-Forever.com/GoogleImages

Google occasionally shuts down some of their services. Should this happen to Google Images' Basic Version, you can find alternative options here.

page 95

Tinyurl.com/wikigender

Not sure if your new language uses gender? You can find out here.

Page 97

Welcome to the Mnemonic Imagery game.

Tree – *masculine*, Tree bud – *feminine*, Leaf – *neuter*, Horse – *neuter*, Dog – *masculine*, Cat – *feminine*, Mouth – *masculine*, Neck – *masculine*, Hand – *feminine*, Nose – *feminine*, Knee – *neuter*, and Heart – *neuter*.

page 101

Fluent-Forever.com/Appendix5

Professional translation of the 625 words plus some additional associated resources.

page 101

[Forvo.com](https://forvo.com)

Free, native-speaker recordings of more than 1.5 million words in 300 languages.

page 101

Wiktionary.org

Free resource with online dictionaries for many languages, with pronunciation entries in IPA for many words.

page 102

images.google.com

Find images that represent the new words you are learning via Google.

page 102

Tinyurl.com/basicimage

An alternative way to find Basic Mode when searching for images via Google.

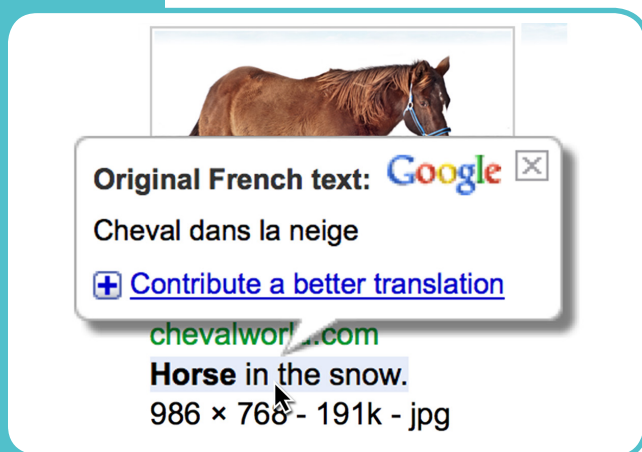
page 103

Fluent-Forever.com/Chapter4

A guide to setting up your search so that the photo captions are translated.

Page 103

What if all of those little captions were machine translated into English?



page 105

en.wikipedia.org/wiki/List_of_languages_by_type_of_grammatical_gender

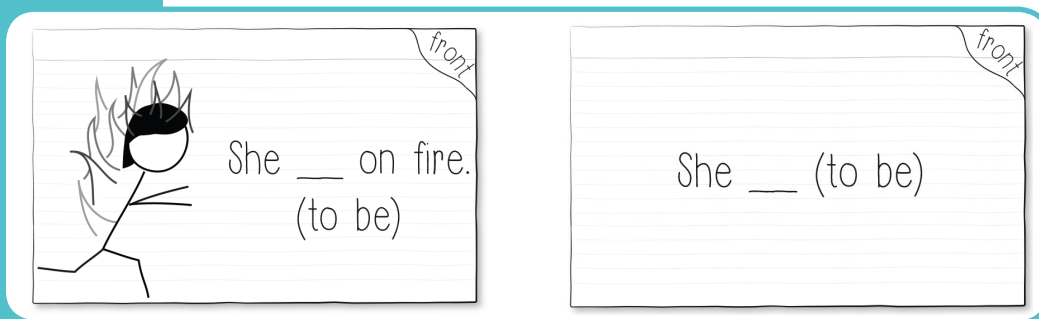
Wikipedia page for checking if your language uses gender.

CHAPTER 5 SENTENCE PLAY

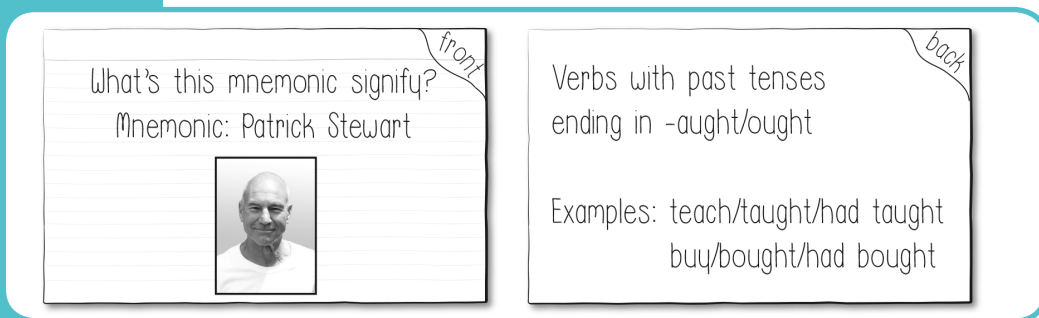
Page 120 Then you'll make flash cards for any information you'd like to learn.



Page 124 — You'll have an easy time remembering it, and it's the sort of clear comprehensible input that makes language machines thrive.



Page 129 — Within a week or two, you won't be able to forget the strange and tawdry escapades of Sir Patrick Stewart and his stack of verbs.



page 130 — Lang-8.com
An exchange site where native speakers will correct your writing in exchange for you correcting theirs.

page 131 — iTalki.com
A website full of extremely affordable online private tutors to help speed up your learning.

page 131 translate.google.com

Translate phrases, sentences, and paragraphs from one language to another via Google.

Page 131 With Spaced Repetition, you only need to receive a correction once, and within a few weeks, it will become a permanent part of your long-term memory.

✓ I went to Rome because I ~~want~~ eat gelato.
I went to Rome because I **wanted to** eat gelato.

front
I went to Rome because
I ____ eat gelato.
(to want)



back
I went to Rome because
I **wanted to** eat gelato.

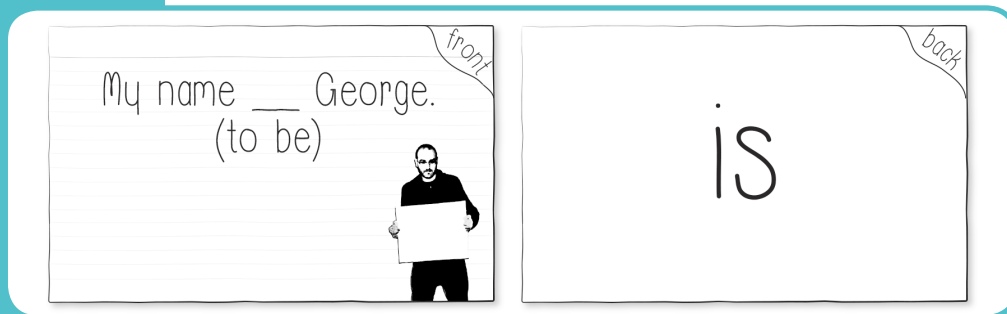
Page 134 Read that explanation, and then use your example sentence to remember it: "A" is the word that fits into "I have __ pet monkey."

front
I have ____ pet monkey.

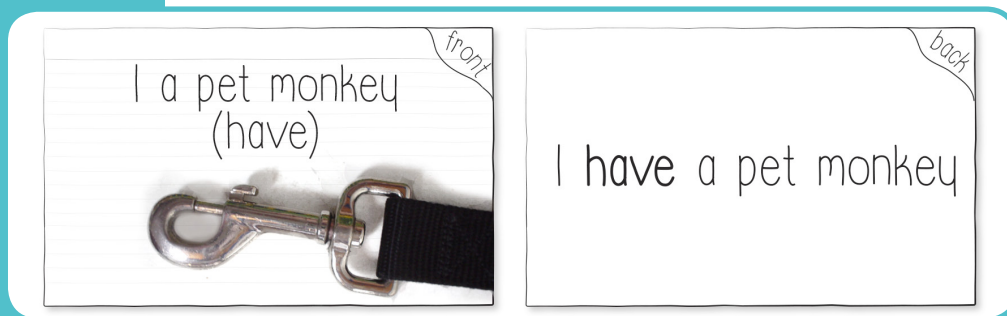


back
a

Page 137 This makes your flash cards somewhat easier to remember and links closely related concepts.



Page 137 Do this once or twice in a sentence – “I have a monkey” (Insert “pet”) – and you’ll have the order of the words memorized for every similarly worded sentence.



page 140 Lang-8.com
An exchange site where native speakers will correct your writing in exchange for you correcting theirs.

page 140 iTalki.com
A website full of extremely affordable online private tutors to help speed up your learning.

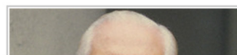
page 141 translate.google.com
Translate phrases, sentences, and paragraphs from one language to another via Google.

CHAPTER 6 - THE LANGUAGE GAME

Page 148 - A quick search for dernier on Google Images provides you with a little illustrated story.



nouvellesargentines.fr
The **last** Argentine dictator
sentenced to life imprisonment
495 × 429 - 54k - jpg



Original French text:

Le dernier dictateur argentin condamné à la prison à perpétuité

[+ Contribute a better translation](#)

nouvellesargentines.fr
The **last** Argentine dictator
sentenced to life imprisonment
495 × 429 - 54k - jpg

front
Le ___ dictateur argentin
condamné à la prison à
perpétuité.



back
dernier

THE GALLERY: A GUIDE TO THE FLASH CARDS THAT WILL TEACH YOU YOUR LANGUAGE

page 152

TestYourVocab.com

Via 5-10 minute tests, you can accurately measure your English vocabulary via this website.

page 160

Skype.com

Free video-chat service.

page 160
and 161

LiveMocha.com, Busuu.com, MyLanguageExchange.com,
and Language-Exchanges.org

A number of language exchange websites. Please note that LiveMocha.com is now closed, however you can use iTalki.com in its place.

page 161

YouRather.com

A website full of “either or” questions to help get your conversation going.

page 161
and 165

iTalki.com

A website full of extremely affordable online private tutors to help speed up your learning.

page 166

Fluent-Forever.com/language-resources

An ever growing list of frequency list recommendations for languages outside of the top eleven foreign languages.

page 166

en.wiktionary.org/wiki/Wiktionary:Frequency_lists

Frequency lists for most languages.

page 166

translate.google.com

Translate phrases, sentences, and paragraphs from one language to another via Google.

- page 167 — [Craigslist.com](https://www.craigslist.com)
Online marketplace/newsboard that can be good for finding local classes and tutors in your target language.
- page 167 — [LiveMocha.com](https://www.livemocha.com), [Busuu.com](https://www.busuu.com), [MyLanguageExchange.com](https://www.mylanguageexchange.com), and [Language-Exchanges.org](https://www.language-exchanges.org)
A number of language exchange websites. Please note that LiveMocha.com is now closed, however you can use [iTalki.com](https://www.italki.com) in its place.
- page 167 — [iTalki.com](https://www.italki.com)
A website full of extremely affordable online private tutors to help speed up your learning.
- page 167 — [Fluent-Forever.com/Conversation-Questions](https://www.fluent-forever.com/conversation-questions)
A handy list of conversation topics.
- page 168 — [ConversationStarters.com](https://www.conversationstarters.com)
A website full of conversation starters to get you talking.
- page 168 — [YouRather.com](https://www.yourather.com)
A website full of “either or” questions to help get your conversation going.
- page 168 — [Middlebury.edu](https://www.middlebury.edu)
Intensive, immersive language courses.
- page 168 — [Fluent-Forever.com/Immersion](https://www.fluent-forever.com/immersion)
A list of intensive language programs in the US.
- page 169 — [Lang-8.com](https://www.lang-8.com)
An exchange site where native speakers will correct your writing in exchange for you correcting theirs.
- page 169 — [iTalki.com](https://www.italki.com)
A website full of extremely affordable online private tutors to help speed up your learning.

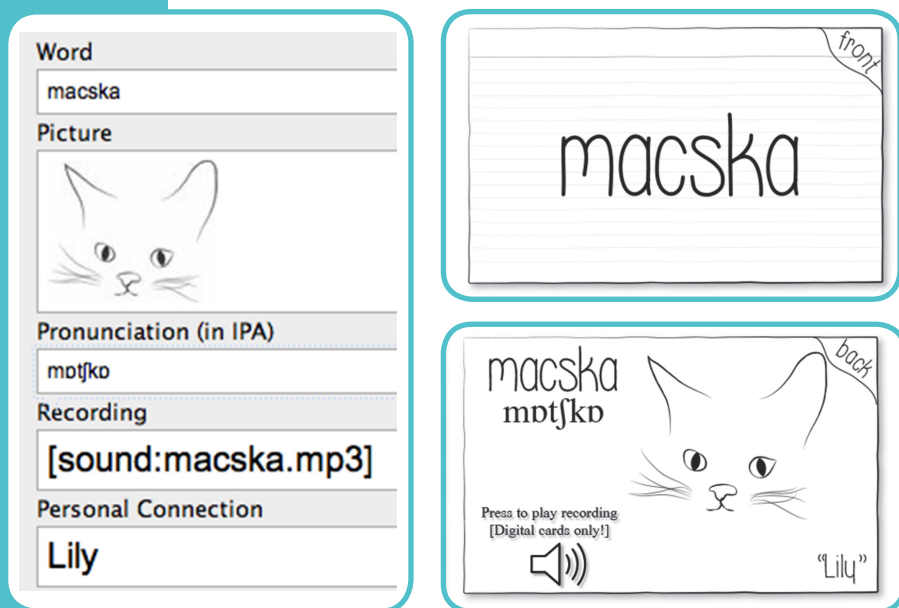
page 182 — Fluent-Forever.com/Logograms

A handful of supplementary flashcard designs and strategies to make learning logograms (characters that correspond to words or chunks of words rather than sounds) easier.

page 184 — Forvo.com

Free, native-speaker recordings of more than 1.5 million words in 300 languages.

Page 184 — If you're using Anki, then you'll type, copy, and/or drag your information into the appropriate boxes.



page 187 — Fluent-Forever.com/gallery

My (free) demo deck for Anki. It's all set up to generate every card in this book automatically, you just need to add the spelling, recordings, personal connection, etc.

page 191
and 192

Fluent-Forever.com/Chapter3

My pronunciation trainers provide you with with minimal pair tests, spelling rules, example words and enough vocabulary to ingrain the sounds and spelling patterns of your new language in your head. They run on Anki, and over the course of using them, you'll get a sense for how Anki works (and you'll be ready to make your own flashcards).

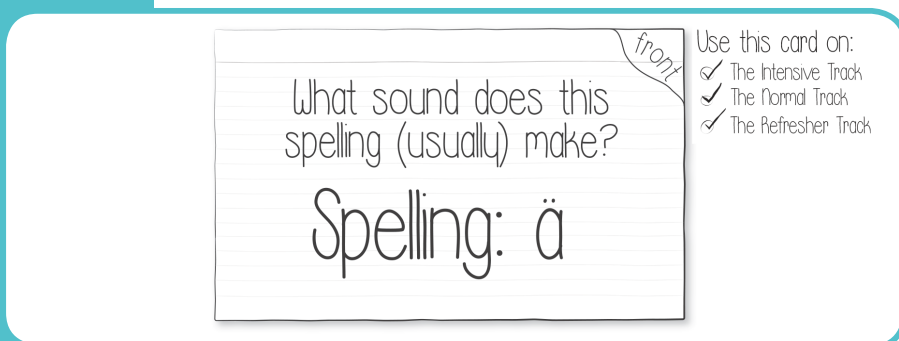
page 192,
193, 195,
and 200

[Forvo.com](https://forvo.com)

Free, native-speaker recordings of more than 1.5 million words in 300 languages.

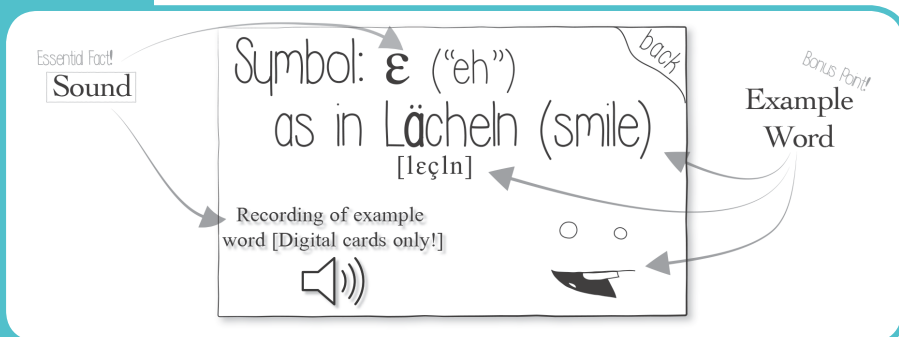
Page 194

Write your sounds down using your chosen phonetic alphabet, choose a simple example word, and make a card like this:



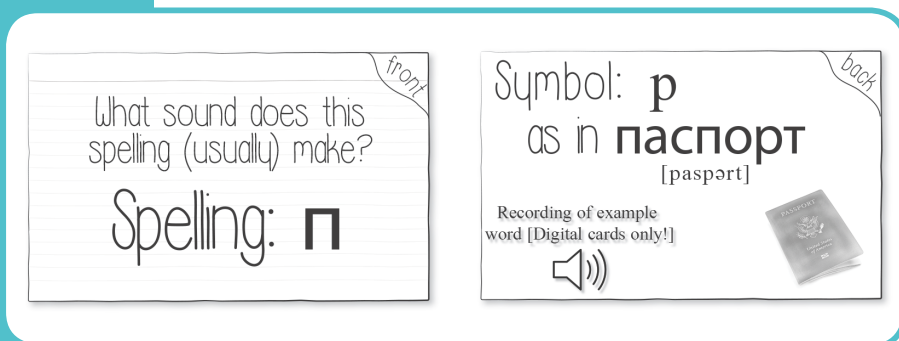
Page 195

Can you think of any example word that uses this sound? Can you remember how it's spelled, how it's pronounced or what it means?



Page 196

These cards work in the same way with a new alphabet. Here, we're learning that the Russian letter п sounds like a "P":



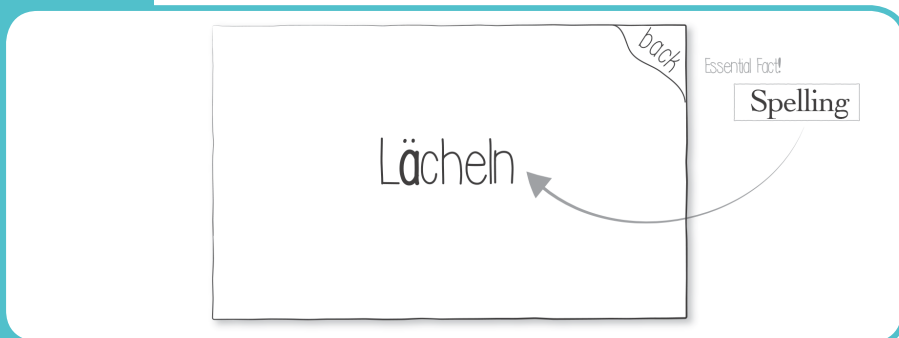
Page 196

With the knowledge you've collected from the first four card types, you'll slowly pick up the ability to handle and remember the spelling of full words.



Page 197

Within a few days, you'll cover all possible spellings and sounds.



page 200

[Wiktionary.org](https://www.wiktionary.org)

Free resource with online dictionaries for many languages, with pronunciation entries in IPA for many words.

page 200

[Fluent-Forever.com/Chapter4](https://www.fluent-forever.com/chapter4)

Information on using Google Images when learning languages.

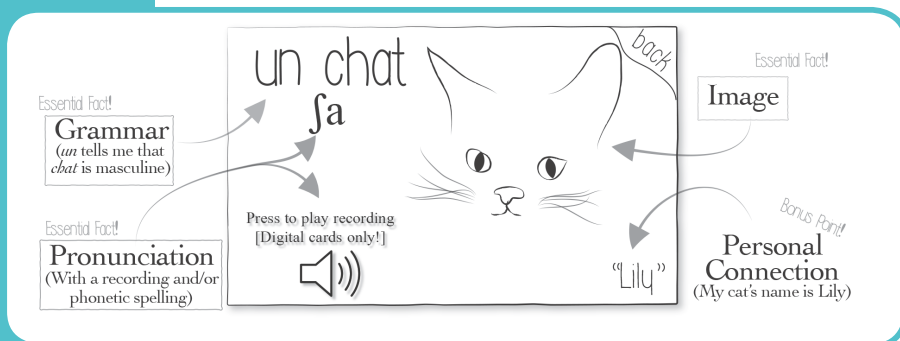
page 200

[Fluent-Forever.com/multi-search](https://www.fluent-forever.com/multi-search)

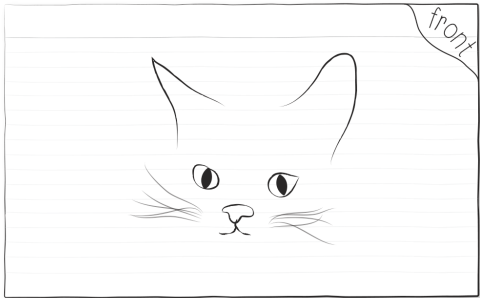
A guide to setting up a more automated process for searching multiple sites (e.g. dictionary, Google Translate, Forvo) at once.

Page 203

Card Type 1: What does this word mean? (Comprehension)



Page 204 Card Type 2: What's the word for this picture? (Production)



front

Use this card on:
☒ The Intensive Track
☒ The Normal Track
☐ The Refresher Track

Essential Fact!

Grammar
(*un* tells me that *chat* is masculine)

Essential Fact!

Pronunciation
(With a recording and/or phonetic spelling)

Press to play recording
[Digital cards only!]

back

Spelling *Bonus Point!*

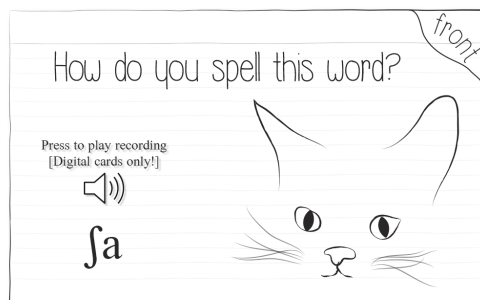
Personal Connection *Bonus Point!*
(My cat's name is Lily)

"Lily"

page 205 [Fluent-Forever.com/gallery](https://www.fluent-forever.com/gallery)
Example flash cards for letter names.

Page 205
and 206

Card Type 3: How do you spell this word? (Spelling)



Use this card on:

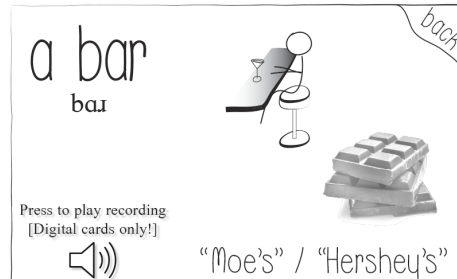
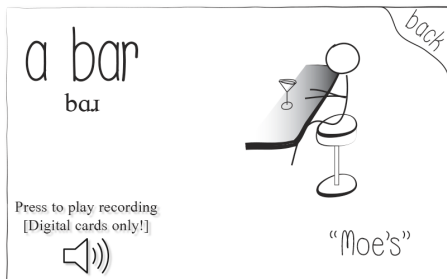
- ☒ The Intensive Track
- ☐ The Normal Track
- ☐ The Refresher Track



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and 208

Special Scenarios: Multiple Definitions







front

plate



back

a plate
pleɪt

Press to play recording
[Digital cards only!]

"Thanksgiving"


front

dish


back

a dish
dɪʃ

Press to play recording
[Digital cards only!]

"Thanksgiving"

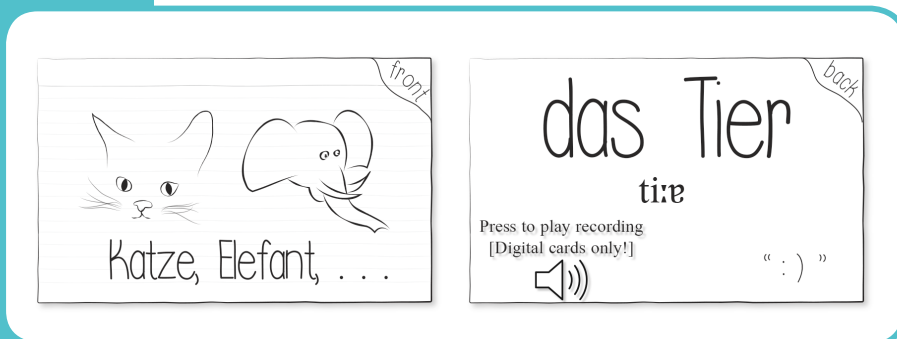
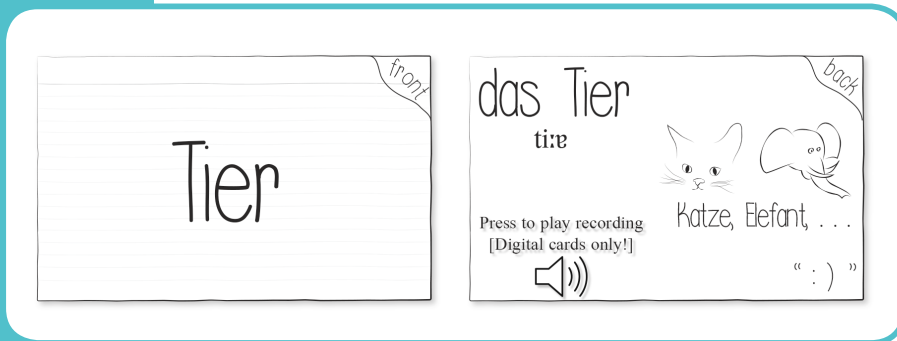
back

a dish
dɪʃ
a plate
pleɪt
Press to play recordings
[Digital cards only!]

"Thanksgiving"

back

a plate
pleɪt
Press to play recording
[Digital cards only!]

"Thanksgiving"

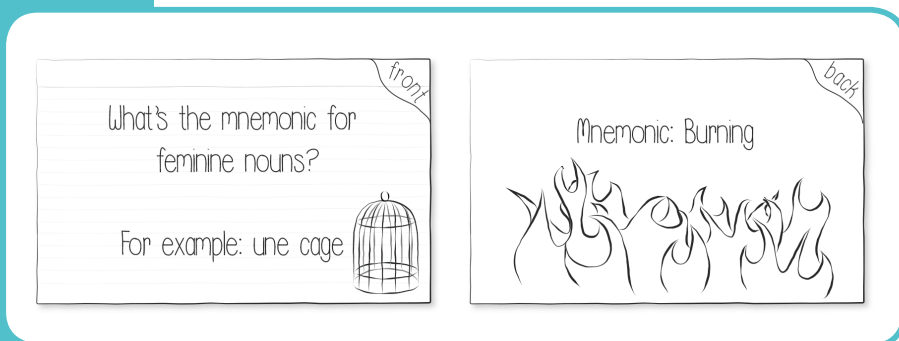
Page 210 Special Scenarios: Category Cards



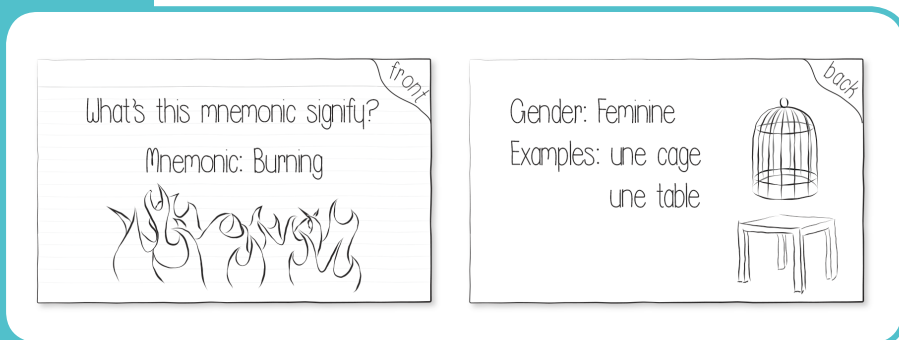
Page 212 Special Scenarios: Easily Confounded Images



Mnemonic Card 1: What's the mnemonic for __?



Mnemonic Card 2: What's this mnemonic mean?



Free, native-speaker recordings of more than 1.5 million words in 300 languages.

Find images that represent the new words you are learning via Google.

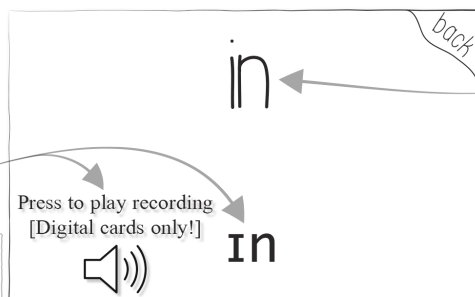
An alternative way to find Basic Mode when searching for images via Google.

Page 219
and 220

New-Word Cards—Type 1: Which Word Fits in the Blank?



Use this card on:
✓ The Intensive Track
✓ The Normal Track
✓ The Refresher Track



Essential Fact!
Pronunciation
(With a recording and/or
phonetic spelling)

Spelling
Bonus Point!

Page 220
and 221

New-Word Cards—Type 2: What's a Sentence or Phrase That Includes This Word?





Use this card on:
✓ The Intensive Track
✓ The Normal Track
○ The Refresher Track

back

He lives ___ New York City.

In

Press to play recording
[Digital cards only!]


Essential Fact!
Example Sentence

Essential Fact!
Pronunciation
 (With a recording and/or
phonetic spelling)

Page 222 New-Word Cards—Type 3: Which Words Fits into This Other Blank?

front

A cat ___ a box.




Use this card on:
☒ The Intensive Track
☒ The Normal Track
☐ The Refresher Track

back

Spelling *Bonus Point!*

in

Press to play recording
[Digital cards only!]



in

Essential Fact!
Pronunciation
 (With a recording and/or
phonetic spelling)

New-Word Cards—Type 4: How Do You Spell This Word?

front

He lives ____ New York City.

In

Press to play recording
[Digital cards only!]




Use this card on:

- ☒ The Intensive Track
- ☐ The Normal Track
- ☐ The Refresher Track

back

in


Essential Fact!

Spelling

Word Form Cards—Type 1: Which Word Fits in the Blank?

front

He ____ in New York City.
(to live)




Use this card on:

- ☒ The Intensive Track
- ☒ The Normal Track
- ☒ The Refresher Track

Word Form Cards—Type 3: Which Word Fits into This Other Blank?

No one ____ forever.
(to live)



Use this card on:

- ☒ The Intensive Track
- ☒ The Normal Track
- ☐ The Refresher Track

lives

livz
Press to play recording
[Digital cards only!]

he/she/it lives
I/you/we/they live

Spelling ^{Bonus Point!}


Other Word Forms ^{Bonus Point!}

Essential Fact!
Pronunciation
(With a recording and/or
phonetic spelling)

Word Form Cards—Type 4: How Do You Spell This Word?

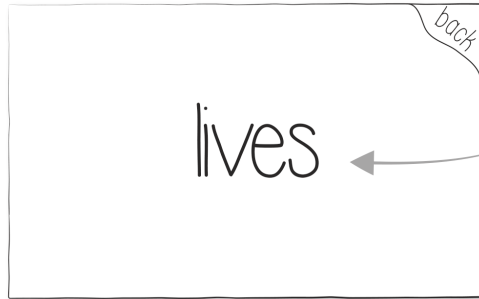
He ____ in New York City.

livz
Press to play recording
[Digital cards only!]



Use this card on:

- ☒ The Intensive Track
- ☐ The Normal Track
- ☐ The Refresher Track

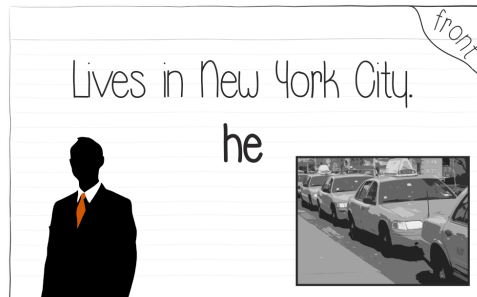


Essential Fact!

Spelling

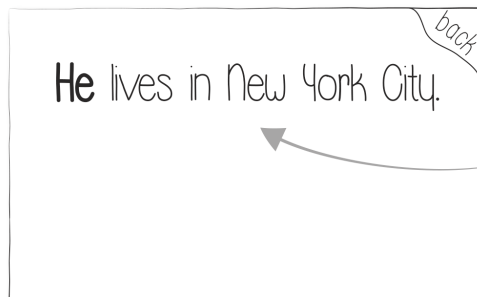
Page 229
and 230

Word Order Cards: Where Does This Word Go?



Use this card on:

- ✓ The Intensive Track
- ✓ The Normal Track
- ✓ The Refresher Track




Essential Fact!

**The full
sentence**

front

He ____ in New York City.
(Verb, Infinitive)



back

to live

He lives in New York City

liv
Press to play recording
[Digital cards only!]



front



live

back

to live (verb)


He lives in New York City

liv
Press to play recording
[Digital cards only!]

front


He lives in New York City.
(Infinitive: ____)



back

to live


liv
Press to play recording
[Digital cards only!]



Page 232 Special Scenarios: Short Phrases

front

Waiter: Here's your coffee!
Customer: Thank you!
Waiter: You're ____



back

welcome


wɛlkəm

Press to play recording
[Digital cards only!]



front

Waiter: Here's your coffee!
Customer: Thank you!
Waiter: ____




back

You're welcome

jʊə wɛlkəm


Press to play recording
[Digital cards only!]



Page 233 Special Scenarios: Eliminating Clues

front

He was holding a/an ____ rifle.



back

automatic

ɔtəmætɪk



Press to play recording
[Digital cards only!]



Page 233 — Special Scenarios: When You're Stumped

front

He ___ to Paris when they called.

back


He was driving to Paris when they called.

Page 237 and 238 — Card Type 1: Which Word Fits in the Blank? Every fill-in-the- blank will only have one correct answer.

front

He was a/an ___ man

Adjective: You don't lie, cheat, or steal




Use this card on:

- ✓ The Intensive Track
- ✓ The Normal Track
- ✓ The Refresher Track

back

honest

Press to play recording
[Digital cards only!]



anist

Spelling

Bonus Point!

Essential Fact!

Pronunciation
(With a recording and/or phonetic spelling)

honest

anist

Card Type 2: What's a Sentence or Phrase That Includes This Word? You don't need to remember the precise definition here. As long as you can think of any typical use for this word, you win.



Use this card on:
☒ The Intensive Track
☒ The Normal Track
☐ The Refresher Track



Essential Fact!
Pronunciation
 (With a recording and/or
 phonetic spelling)

Essential Fact!
**Example
 Sentence**

Lang-8.com

An exchange site where native speakers will correct your writing in exchange for you correcting theirs.

iTalki.com

A website full of extremely affordable online private tutors to help speed up your learning.

Page 239

If this word isn't a totally abstract function word, can you think of the first/last time you encountered this thing/action/adjective, or an example of this word that is relevant to your life. Card Type 3: Which Word Fits into This Other Blank?

back

Essential Fact!


Example Sentence

He was a/an ____ man

Adjective: You don't lie, cheat, or steal


anist

Press to play recording
[Digital cards only!]



Essential Fact!

Pronunciation
(With a recording and/or phonetic spelling)



Page 239

These cards work best for capturing a different definition or use of a word.


front

Use this card on:

- ☒ The Intensive Track
- ☒ The Normal Track
- ☐ The Refresher Track

It was a/an ____ mistake.

Adjective: In good faith, without malice.



If this word isn't a totally abstract function word, can you think of the first/last time you encountered this thing/action/adjective, or an example of this word that is relevant to your life. Card Type 4: How Do You Spell This Word?

back **Spelling** *Bonus Point!*

honest

Essential Fact!

Pronunciation
 (With a recording and/or
 phonetic spelling)

Press to play recording
[Digital cards only!]

anist

In extraordinarily rare circumstances, when the spelling of the word is completely and utterly ridiculous – something like floccinaucinihilipilification (the act of describing something as worthless) – you might consider making one of these cards, but it's mostly here for the benefit of the Japanese/Chinese learners out there.

front

He was a/an ____ man.

Adjective: You don't lie, cheat or steal

anist

Press to play recording
[Digital cards only!]

Use this card on:

- ☒ The Intensive Track
- ☐ The Normal Track
- ☐ The Refresher Track

A GLOSSARY OF TERMS AND TOOLS

- page 244 — [Amazon.com](https://www.amazon.com)
Online web-shop where you can find many language learning resources including audiobooks in French, German, Italian, Portuguese, Russian, and Spanish.
- page 244 — [Fluent-Forever.com/Chapter2](https://www.fluent-forever.com/Chapter2)
A collection of video tutorials on using Anki.
- page 244 — [Fluent-Forever.com/language-resources](https://www.fluent-forever.com/language-resources)
An ever growing list of audiobook sources.
- page 247 — [Fluent-Forever.com](https://www.fluent-forever.com)
The Fluent Forever website where you will find information about the Fluent Forever method, language resources, and materials to help you with your language learning.
- page 247 — [FSI-Language-Courses.org](https://www.fsi-language-courses.org)
Free, public-domain textbooks online for many languages. (N.B. Access is via a slightly different link, as linked to above.)
- page 247 — [Forvo.com](https://www.forvo.com)
Free, native-speaker recordings of more than 1.5 million words in 300 languages.
- page 247 — [Fluent-Forever.com/language-resources](https://www.fluent-forever.com/language-resources)
An ever growing list of audiobook sources.
- page 247 — en.wiktionary.org/wiki/Wiktionary:Frequency_lists
Frequency lists for most languages.
- page 248 — images.google.com
Find images that represent the new words you are learning via Google.

- page 248 — [Tinyurl.com/basicimage](https://tinyurl.com/basicimage)
An alternative way to find Basic Mode when searching for images via Google.
- page 248 — Fluent-Forever.com/Chapter4
Information on using Google Images when learning languages.
- page 249 — translate.google.com
Translate phrases, sentences, and paragraphs from one language to another via Google.
- page 250 — italki.com
A website full of extremely affordable online private tutors to help speed up your learning.
- page 250 — lang-8.com
An exchange site where native speakers will correct your writing in exchange for you correcting theirs.
- page 250 and 251 — LiveMocha.com, Busuu.com, MyLanguageExchange.com, and Language-Exchanges.org
A number of language exchange websites. Please note that LiveMocha.com is now closed, however you can use iTalki.com in its place.
- page 251 — Fluent-Forever.com/Chapter3
My pronunciation trainers provide you with with minimal pair tests, spelling rules, example words and enough vocabulary to ingrain the sounds and spelling patterns of your new language in your head. They run on Anki, and over the course of using them, you'll get a sense for how Anki works (and you'll be ready to make your own flashcards).
- page 252 — Fluent-Forever.com/language-resources
An ever-growing list of monolingual dictionary recommendations.

- page 253 — Fluent-Forever.com/Chapter3
My pronunciation trainers provide you with with minimal pair tests, spelling rules, example words and enough vocabulary to ingrain the sounds and spelling patterns of your new language in your head. They run on Anki, and over the course of using them, you'll get a sense for how Anki works (and you'll be ready to make your own flashcards).
- page 254 — Fluent-Forever.com/videos
Here you can find a series of YouTube videos to help you get the pronunciation information you need to understand how your mouth does what it does.
- page 254 — RhinoSpike.com
A website for native-speaker recordings where you submit a text and someone will record it for you, usually within 24-48 hours. A great resource for minimal pairs and full sentences with intonation.
- page 254 — Skype.com
Free video-chat service.
- page 255 — Wikipedia.org
Free, online resource where you can find target language summaries of your favourite TV shows and films.
- page 257 — Wiktionary.org
Free resource with online dictionaries for many languages, with pronunciation entries in IPA for many words.
- page 258 — Fluent-Forever.com/videos
Here you can find a series of YouTube videos to help you get the pronunciation information you need to understand how your mouth does what it does.
- page 258 — YouTube.com
A source for pronunciation advice and information via user-made videos.

APPENDIX 1: SPECIFIC LANGUAGE RESOURCES

- page 262 — Fluent-Forever.com/language-resources
Language book reviews, websites, and anything else I can collect for your language needs, as well as general tools.
- page 262 — Fluent-Forever.com/Arabic
Arabic language learning resources.
- page 262 — Fluent-Forever.com/Chinese
Chinese (Mandarin) language learning resources.
- page 263 — Fluent-Forever.com/French
French language learning resources.
- page 263 — Fluent-Forever.com/German
German language learning resources.
- page 263 — Fluent-Forever.com/Hebrew
Hebrew (Modern) language learning resources.
- page 264 — Fluent-Forever.com/Italian
Italian language learning resources.
- page 264 — Fluent-Forever.com/Japanese
Japanese language learning resources.
- page 264 — Fluent-Forever.com/Korean
Korean language learning resources.
- page 265 — Fluent-Forever.com/Portuguese
Portuguese language learning resources.

page 265 — Fluent-Forever.com/Russian
Russian language learning resources.

page 265 — Fluent-Forever.com/Spanish
Spanish language learning resources.

BOOKS TO GET AND WEBSITES TO VISIT

The Modern Language Association performs routine surveys of the languages that American college students are learning. Here are their results for Fall 2009:¹

Language	Enrollments in Fall 2009
1. <i>Spanish</i>	864,986
2. <i>French</i>	216,419
3. <i>German</i>	96,349
4. American Sign Language	91,763
5. <i>Italian</i>	80,752
6. <i>Japanese</i>	73,434
7. <i>Chinese</i>	60,976
8. <i>Arabic</i>	35,083
9. Latin	32,606
10. <i>Russian</i>	26,883
11. Ancient Greek	20,695
12. Biblical Hebrew	13,807
13. <i>Portuguese</i>	11,371
14. <i>Korean</i>	8,511
15. <i>Modern Hebrew</i>	8,245

I'll give you resources here for every language on this list except for American Sign Language, Latin, Ancient Greek and Biblical Hebrew. Those languages require some special modifications, since the first is not a spoken language at all, and the last three have no native speakers.

For every language, I'll list a grammar book or two, a phrase book, and a pronunciation trainer. When available, I'll also point you towards a pronunciation book, a frequency dictionary and a thematic vocabulary book. For links, additional book/website recommendations and for less commonly learned languages, go to [Fluent-Forever.com/language-resources](https://fluent-forever.com/language-resources).

ARABIC LANGUAGE RESOURCES

Full list and links:

<https://fluent-forever.com/language-resources/learn-arabic/>

Grammar Book:

Whitewick, Jane et al. *Mastering Arabic (With 2 Audio CDs)*

Phrase Book:

Jenkins, Siona. *Lonely Planet Egyptian Arabic Phrasebook*

Pronunciation Trainer:

Wyner, Gabriel. *Arabic Pronunciation Trainer*

Frequency Dictionary:

Buckwalter, Tim et al. *A Frequency Dictionary of Arabic*

CHINESE (MANDARIN) LANGUAGE RESOURCES

Full list and links:

<https://fluent-forever.com/language-resources/learn-chinese/>

Grammar Book:

Liu, Yuehua et al. *Integrated Chinese*

Phrase Book:

Garnaut, Anthony et al. *Lonely Planet Mandarin Phrasebook*

Pronunciation Trainer:

Wyner, Gabriel. *Mandarin Chinese Pronunciation Trainer*

Pronunciation Book:

Live ABC. *Chinese Pronunciation with CD-ROM*

Frequency Dictionary:

Xiao, Richard et al. *A Frequency Dictionary of Mandarin Chinese*

FRENCH LANGUAGE RESOURCES²**Full list and links:**

<https://fluent-forever.com/language-resources/learn-french/>

Grammar Book:

Crocker, Mary. *Schaum's Outline of French Grammar*

Phrase Book:

Janes, Michael et al. *Lonely Planet French Phrasebook*

Pronunciation Trainer:

Wyner, Gabriel. *French Pronunciation Trainer*

Pronunciation Book:

Kendris, Christopher et al. *Pronounce it Perfectly in French*

Frequency Dictionary:

Lonsdale, Deryle and Le Bras, Yvon. *A Frequency Dictionary of French*

Thematic Vocabulary Book:

Fischer, Wolfgang et al. *Mastering French Vocabulary*

GERMAN LANGUAGE RESOURCES

Full list and links:

<https://fluent-forever.com/language-resources/learn-german/>

Beginner Grammar Book:

Rosenberg, Joseph. *German: How to Speak and Write It*

Intermediate Grammar Book:

Durrel, Martin. *Hammer's German Grammar and Usage*

Phrase Book:

Muehl, Gunter et al. *Lonely Planet German Phrasebook*

Pronunciation Trainer:

Wyner, Gabriel. *German Pronunciation Trainer*

Frequency Dictionary:

Jones, Randall et al. *A Frequency Dictionary of German*

Thematic Vocabulary Book:

Schnorr, Veronika et al. *Mastering German Vocabulary*

HEBREW (MODERN) LANGUAGE RESOURCES

Full list and links:

<https://fluent-forever.com/language-resources/learn-modern-hebrew/>

Beginner Grammar Book:

Lyttleton, Zippi. *Colloquial Hebrew*

Intermediate Grammar Book:

Uveeler, Luba et al. *Ha-Yesod: Fundamentals of Hebrew*

Phrase Book:

Rudelson, Justin Ben-Adam et al. *Lonely Planet Hebrew Phrasebook*

Pronunciation Trainer:

Wyner, Gabriel. *Hebrew Pronunciation Trainer*

ITALIAN LANGUAGE RESOURCES

Full list and links:

<https://fluent-forever.com/language-resources/learn-italian/>

Grammar Book:

Danesi, Marcel. *Practice Makes Perfect: Complete Italian Grammar*

Phrase Book:

Iagnocco, Pietro et al. *Lonely Planet Italian Phrasebook*

Pronunciation Trainer:

Wyner, Gabriel. *Italian Pronunciation Trainer*

Frequency Dictionary:

Intronati, Gianpaolo. *Italian Key Words*

Thematic Vocabulary Book:

Feinler-Torriani, Luciana et al. *Mastering Italian Vocabulary*

JAPANESE LANGUAGE RESOURCES

Full list and links:

<https://fluent-forever.com/language-resources/learn-japanese/>

Grammar Book:

Banno, Eri et al. *Genki: An Integrated Course in Elementary Japanese*

Phrase Book:

Abe, Yoshi et al. *Lonely Planet Japanese Phrasebook*

Pronunciation Trainer:

Wyner, Gabriel. *Japanese Pronunciation Trainer*

Frequency Dictionary:

Tono, Yukio, et al. *A Frequency Dictionary of Japanese*

Thematic Vocabulary Book:

Akiyama, Carol et al. *Japanese Vocabulary*

KOREAN LANGUAGE RESOURCES

Full list and links:

<https://fluent-forever.com/language-resources/learn-korean/>

Grammar Book:

King, Ross et al. *Elementary Korean*

Phrase Book:

Kim, Minkyung et al. *Lonely Planet Korean Phrasebook*

Pronunciation Trainer:

Wyner, Gabriel. *Korean Pronunciation Trainer*

Pronunciation Book:

Choo, Miho et al. *Sounds of Korean*

Frequency Dictionary:

Lee, Jae-wook. *Korean Essential Vocabulary 6000*

PORTUGUESE LANGUAGE RESOURCES

Full list and links:

<https://fluent-forever.com/language-resources/learn-portuguese/>

Grammar Book:

Ferreira, Fernanda. *The Everything Learning Brazilian Portuguese Book/CD*

Phrase Book:

Monje de Castro, Marcia. *Lonely Planet Brazilian Portuguese Phrasebook*

Pronunciation Trainer:

Wyner, Gabriel. *Portuguese Pronunciation Trainer*

Frequency Dictionary:

Davies, Mark et al. *A Frequency Dictionary of Portuguese*

Thematic Vocabulary Book:

Taranov, Andrey. *Portuguese vocabulary for English speakers*

RUSSIAN LANGUAGE RESOURCES

Full list and links: <https://fluent-forever.com/language-resources/learn-russian/>

Grammar Book:

Brown, Nicholas. *The New Penguin Russian Course*

Phrase Book:

Jenkin, James et al. *Lonely Planet Russian Phrasebook*

Pronunciation Trainer:

Wyner, Gabriel. *Russian Pronunciation Trainer*

Pronunciation Book:

Beyer, Thomas. *Pronounce it Perfectly in Russian* (see note)

Frequency Dictionary:

Brown, Nicholas. *Russian Learner's Dictionary*

Thematic Vocabulary Book:

Hinkel, Eli. *Russian Vocabulary*

Note: Thomas Beyer put his recordings for this book online. You'll find a link on my website.

SPANISH LANGUAGE RESOURCES

Full list and links:

<https://fluent-forever.com/language-resources/learn-spanish/>

Grammar Book:

Prado, Marcial. *Practical Spanish Grammar*

Phrase Book:

Lopez, Marta et al. *Lonely Planet Spanish Phrasebook*

(Or, get Esposto, Roberto. *Lonely Planet Latin American Spanish Phrasebook*)

Pronunciation Trainer:

Wyner, Gabriel. *Spanish Pronunciation Trainer*

Pronunciation Book:

Yates, Jean. *Pronounce it Perfectly in Spanish*

Frequency Dictionary:

Davies, Mark. *A Frequency Dictionary of Spanish*

Thematic Vocabulary Book:

Navarro, Jose Maria et al. *Mastering Spanish Vocabulary*

APPENDIX 2: LANGUAGE DIFFICULTY ESTIMATES

FOR ENGLISH SPEAKERS

The Foreign Service Institute (FSI) is the US Government's training center for diplomats, ambassadors and James-Bond types. They've been in the language business since 1947 and have some of the best data on language difficulties for English speakers. Their students take on an intense workload: 25 hours of language classes per week and 3-4 hours of independent study per day. Not surprisingly, they reach advanced levels of fluency very quickly. We'll be able to beat them in terms of total time spent, because our methods are more efficient. FSI courses are relatively traditional in format, although they do have a respectable emphasis on pronunciation that keeps them ahead of the curve. They may beat us in terms of total time to fluency, simply because you get a lot done when you make language learning your full time job. Still, our use of imagery, mnemonics and spaced repetition will push us ahead in terms of overall efficiency.

The following estimates show the total amount of time FSI students spend in class for each language. Languages in parentheses aren't in their official list, but are so closely related to other languages in the same category that I stuck them in anyways. Languages with an asterisk are slightly harder than other languages in their category.

Level 1: Languages closely related to English		
23-24 weeks (575-600 class hours)		
Afrikaans	French	Romanian
(Catalan)	Italian	Spanish
Danish	Norwegian	Swedish
Dutch	Portuguese	

Level 1.5: Languages with slight linguistic and/or cultural differences from English

30-36 weeks (750-900 class hours)

German (30 weeks / 750 class hours)	(Javanese) (36 weeks / 900 class hours)
(Ilocano) (36 weeks / 900 class hours)	Malay (36 weeks / 900 class hours)
Indonesian (36 weeks / 900 class hours)	Swahili (36 weeks / 900 class hours)

Level 2: Languages with significant linguistic and/or cultural differences from English

44 weeks (1100 class hours)

Albanian	Icelandic	Polish
Amharic	(Kannada - Sinhalese)	(Punjabi - Persian)
Armenian	(Kazakh - Turkish)	Russian
Azerbaijani	(Kurdish - Persian)	Serbian
Bengali	(Kyrgyz - Turkish)	Sinhalese
Bosnian	Khmer	Slovak
Bulgarian	Lao	Slovenian
Burmese	Latvian	Tagalog
Croatian	Lithuanian	*Thai
Czech	Macedonian	Turkish
*Estonian	(Marathi - Urdu)	(Turkmen - Turkish)
*Finnish	*Mongolian	Ukrainian
*Georgian	Nepali	Urdu
Greek	Spanish	Uzbek
(Gujarati - Sinhalese)	Swedish	*Vietnamese
Hebrew	Pashto	Xhosa
Hindi	Persian	Zulu
*Hungarian	(Dari, Farsi, Tajik)	

Level 3: Languages which are exceptionally difficult for native English speakers

88 weeks (second year of study in-country)
(2200 class hours)

Arabic	*Japanese
Cantonese	Korean
Mandarin	(Wu Chinese)
(Min Nan - Mandarin)	

APPENDIX 3: SPACED REPETITION SYSTEM RESOURCES

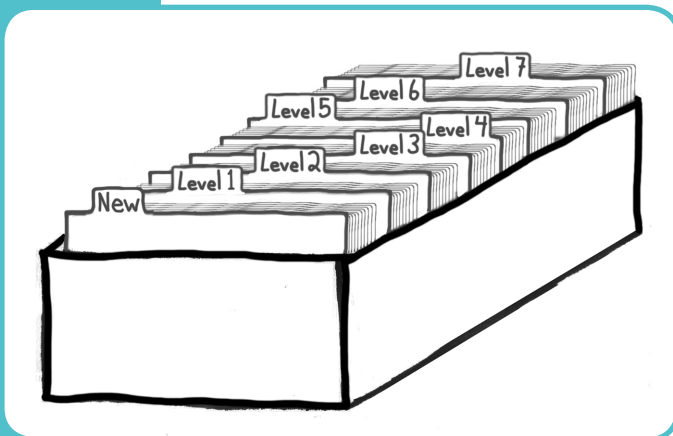
page 271

Fluent-Forever.com/Chapter2

A series of video tutorials and demonstration decks for Anki.

Page 272

Your index file will look like this.



page 274

Fluent-Forever.com/Appendix3

A copy of the Leitner Game Schedule.

APPENDIX 4: THE INTERNATIONAL PHONETIC ALPHABET DECODER

page 277,
284, 287,
and 291

[Forvo.com](https://forvo.com)

Free, native-speaker recordings of more than 1.5 million words in 300 languages.

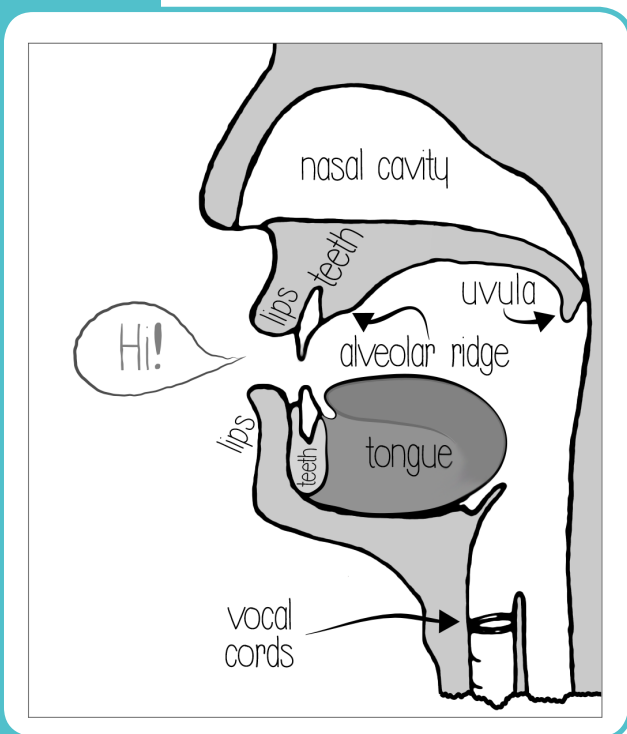
page 278

[Fluent-Forever.com/Videos](https://fluent-forever.com/videos)

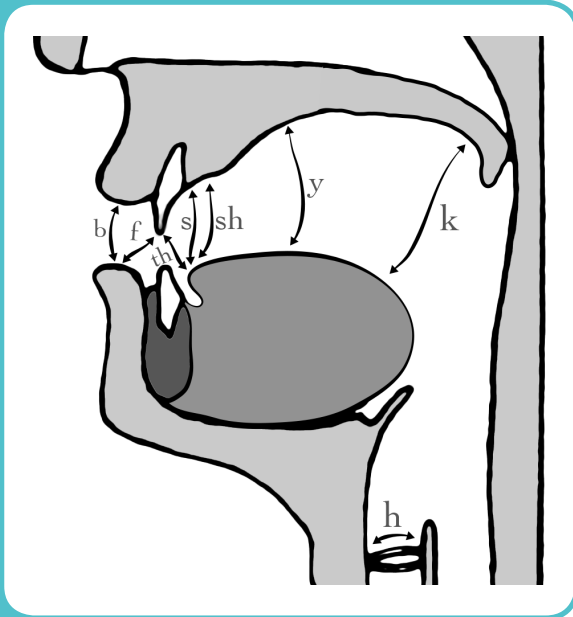
Here you can find a series of YouTube videos to help you get the pronunciation information you need to understand how your mouth does what it does.

Page 279

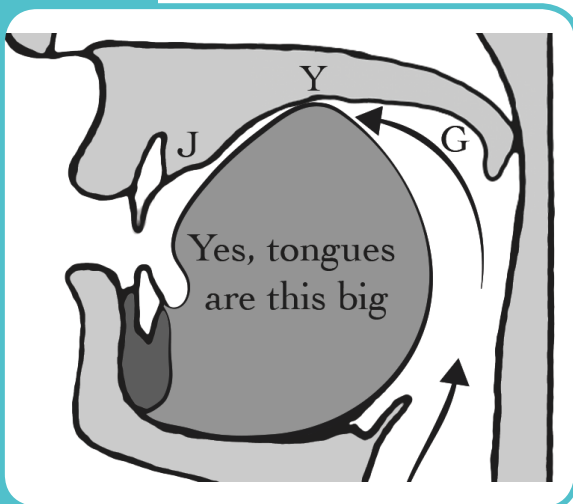
Here's a talking head I found somewhere in the woods. His name is Frank.



Page 280 — These are eight of the eleven possible locations for your tongue and lips.



Page 283 — Not surprisingly, the real consonant is halfway between J (ma-jar) and G (mag-yar), in the Y location.



Page 286 You'll find almost every possible consonant in this big decoder chart.

1. First, find your troublesome consonant.2. Figure out its secrets3. Get out of here!

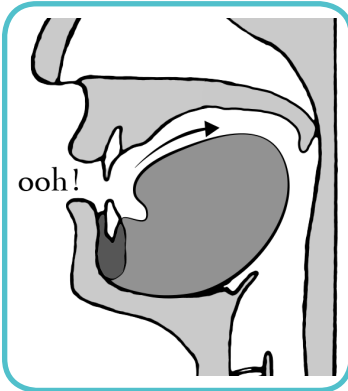
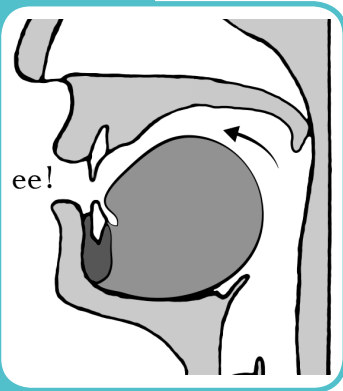
Location

Type of Sound

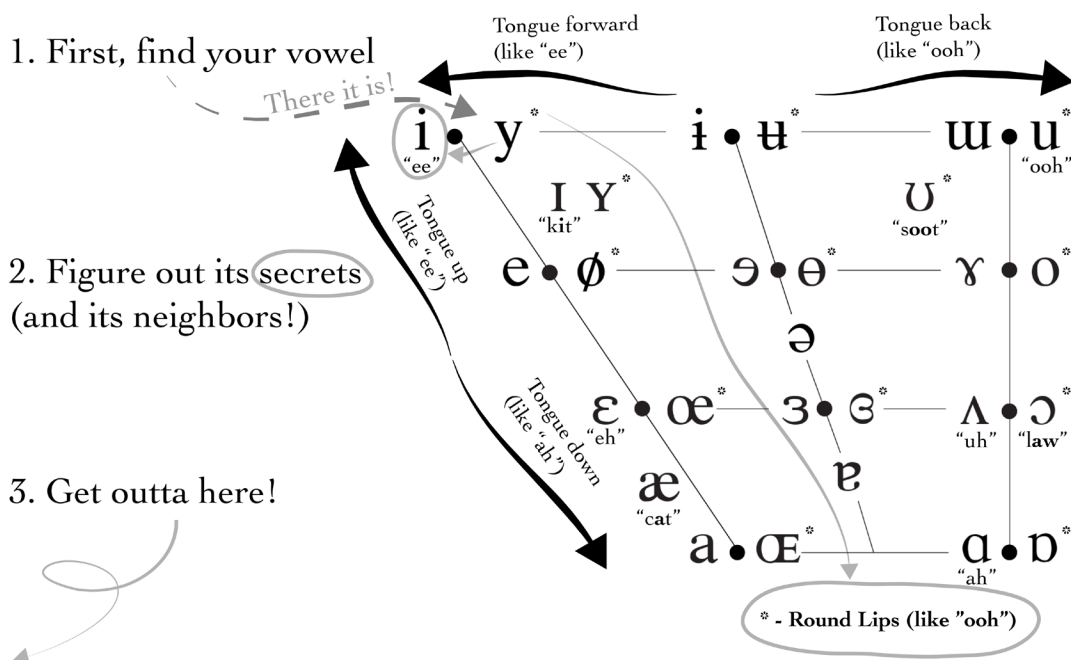
	B	F	Th	T	Sh	Apu's	D	Y	K	R	A'yn	H
	Both Lips	Bottom Lip Upper Teeth	Tongue Tip Upper Teeth	Tongue Tip Alveolar Ridge	Tongue Tip Back of Ridge	Tongue Under- side + Ridge	Tongue Middle Hard Palate	Back o' Tongue Soft Palate	Back o' Tongue Uvula	"Choke yourself"	Vocal Cords	
T	Sudden pop of air (!)	p b		t d								
N	Air through the nose.	m°	ɱ°	n°		ɳ°	ɲ°	ŋ°	N°			
Trill	Tongue/Lips flap in the wind.	B°		r°					R°			
Tap	Tongue/Lips flap just once.		v°	ɾ°		ɽ°						
S	Rustling, Hushing, or Buzzing Sounds	ɸ β°	f v°	θ ð°	s z°	ʃ ʒ°	ʃ ʒ°	ç j°	x γ°	χ ʁ°	ħ ʕ°	h ɦ°
C.L.L	Slurping, wet L sound.			ɬ ɮ°								
R	Slight obstruction, almost a vowel.		ʋ°	ɹ°		ɻ°	j°	ɰ°				
L	Over the sides of the tongue.			ɭ°		ɮ°	ʎ°	ʟ°				

* - Vocal cords vibrating (like "Zzz" or "Nnn")

Page 288 Ignore the shenanigans going on with your lips for a moment and pay attention to your tongue.



If you've already learned how to hear some crazy new vowel, you'll have a much easier time producing it.



APPENDIX 5: YOUR FIRST 625 WORDS

– Fluent-Forever.com/Appendix5

Printable 625 lists, images for directions and prepositions, images for the days of the week, and images for pronouns.

Last updated on: April 20, 2017.