

## **DVD 5. POWER ENGLISH NOW**

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#### **VOLUME 1**

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# Welcome To The Family!

## 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 Power English 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.

# 1. INTRO



## Intro Main Text

These lessons are sold only on our website, [EffortlessEnglishClub.com](http://EffortlessEnglishClub.com). If you bought these lessons somewhere else, you have an illegal copy. Please notify us and we will take immediate legal action against the seller. Thank you.

Hi, this is AJ Hoge, Director of the Effortless English Club. Welcome to our new set of lessons, these are called the Power English Lessons. The reason they're called Power English is because in these lessons we're going to do two things. Number one, you're going to learn English, of course. As always, we have the mini-stories which are our favorite lessons for most of our members, but the content, the focus, the topics in these lessons are going to be focused on the psychology of learning and the psychology of success.

Now these ideas, they're not just my ideas. In fact, they come from a lot of other people. They come from people like Tony Robbins, who is a famous success coach, Robert Anton Wilson, Joe Vitale, Robert Kiyosaki, Alan Watt, so I've taken a lot of ideas from a lot of different people about this topic of the psychology of success. And the reason that we're going to talk about this in these lessons is that in my experience, most English students struggle and fail because of psychology, not because of methods, not because of teachers.

Those things are important, but Tony Robbins talks about the fact that psychology is 80% of success. And I think he's right, based on my experience with many, many English students. Psychology is 80% of success, so 20% are the methods you use to study. 20% are the schools you go to, the teachers you have, the books you use. Those are important, we talk a lot about them. But the other 80% is psychology, your motivation, your emotions, how you manage your time. All of these things are in fact much, much more important.

What I saw in my classes were that the enthusiastic students, the energetic students, the optimistic students always learned much faster. They succeeded. The ones who failed, the ones who dropped out and quit, the ones who struggled had the opposite mentality. They had a very negative mentality. Their motivation was low. They tended to be pessimistic. They felt that they weren't good at English. They had ideas that English was very tough, very difficult, they struggled. They didn't have enthusiasm for English. They didn't love English.

So in these lessons we're going to talk about how can you manage your emotions. How can you develop that strong, powerful, enthusiastic attitude towards English, how can



## Intro Mini-Story Text

Hi this is AJ Hoge. Welcome to the mini-story for “Introduction to Power English”. Let’s get started. In the mini-story I will tell a kind of strange, funny, stupid story. Usually actually I will ask the story. It means I will ask a lot of questions. The reason I ask these questions is to get a lot of repetition so that the grammar structure, the grammar pattern will go into your brain deeply because you’re getting it again and again and again.

You don’t need to think about it. Just relax, listen to the story, answer the questions quickly. If you need to you can pause your iPod, pause your computer and answer the questions. Or if it’s too fast, just listen. You don’t have to speak. Speaking is optional. If you can do it, if you want to answer the questions, great! Shout them out. If you don’t, if it’s too difficult or you’re in a train with other people, that’s fine. Just listen and relax, that’s okay too. Okay, let’s start.

\* \* \* \* \*

**There was a beautiful woman named Sophie. Sophie had to play Tiger Woods in golf in just one month.**

Who had to play Tiger Woods in golf in just one month?

*Well, Sophie. Sophie had to play Tiger Woods in golf in just one month.*

What kind of woman was Sophie?

*Sophie was a beautiful woman.*

Who did she have to play?

*Tiger Woods, she had to play Tiger Woods.*

Who had to play Tiger Woods?

*Sophie, Sophie had to play Tiger Woods.*

In tennis, right?



## Intro Vocabulary Text

These lessons are sold only on our website, [EffortlessEnglishClub.com](http://EffortlessEnglishClub.com). If you bought these lessons somewhere else, you have an illegal copy. Please notify us and we will take immediate legal action against the seller. Thank you.

Hello, welcome to the vocabulary for the “Introduction to Power” lessons. Let’s start.

Okay, let’s talk about our first word is linguistic, linguistic. Linguistic means related to language or about language. It’s an adjective. So linguistic factors, I mentioned linguistic factors. A factor is an element, for example, it’s a piece of something. So linguistic factors means elements about language, elements related to language. Or even more simply, things, things related to language. And then in this talk I talk about non-linguistic factors. Of course, non- means not, it’s negative.

So non-linguistic factors means things not about language. Things not related to language. So in the talk I’m talking about, for example, two different things. One are emotional factors, emotional elements, emotional things. And then the other is linguistic factors. So, for example, study method, that’s a linguistic factor. It’s connected to language learning very directly. It’s a linguistic factor. It’s a language related thing. On the other hand emotion is not directly related, is not directly connected to language learning. At least most people don’t think so, so it’s a non-linguistic factor. Alright great, so that’s linguistic and factor.

Let’s talk about next subconscious. I mentioned the word subconscious. Sometimes you hear the word unconscious is another synonym for that but subconscious means something that is under your normal thinking. So, for example, if you’re quite hungry, suddenly you find that you’re hungry but you’re busy, you’re thinking about something else. You’re reading a book. But kind of under your thinking you have this idea “I’m hungry, I’m hungry, I’m hungry.” It’s not a conscious thought, it’s not a strong direct thought. It’s not at the top of your brain. Sub means under or below. So it’s kind of in the bottom, the back of your brain, this sort of quiet, small voice, or this quiet, small thought. So that’s subconscious.

So I mention that you want to engage your subconscious. Engage means to use. To use, or to, it’s like turn on. So to turn on your subconscious, to use your subconscious, to engage your subconscious. It means you want to use those emotions that are in the back of your brain or the bottom of your brain. You want to use that quiet voice. You want to use those strong emotions that are kind of in the back because they are very