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Be Bad First: Get Good At Things Fast To Stay Ready For The Future

BE **BAD** FIRST



Get Good at Things **FAST**
to Stay Ready for the Future

Erika Andersen



Synopsis

We are operating in a world defined by constant connection, rapid change, and abundant choices. News that once took months, even years, to spread now reaches across the globe in seconds. Advances in medicine and science are pushing boundaries with gene therapy and stem cell transplants. And decisions about where and how to work and live are nearly endless. As new knowledge - and the possibilities that arise from that knowledge - propels us forward, leadership readiness expert and renowned author Erika Andersen suggests that success in today's world requires the ability to acquire new knowledge and skills quickly and continuously - in spite of our mixed feelings about being a novice. In her newest book, *Be Bad First*, Erika explores how we can become masters of mastery, proficient in the kind of high-payoff learning that's needed today. She encourages listeners to embrace being bad on the way to being great - to be novices over and over again as we seek to learn and acquire the new skills that will allow us to thrive in this fast-changing world.

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Customer Reviews

This book teaches the ANEW model of learning: Aspiration - wanting to learn, or making yourself want to learn
Neutral self-awareness - clear picture of your current skill level
Endless curiosity - always trying to know more
Willingness to be bad first - acceptance and comfort that your bad now but hope you will improve over time
I guess the model is good and fairly accurate but the without aspiration none of the others work. Unfortunately for me the exercises in the anew chapters did not create enough want power to even get me started trying to learn. Its simple advice, find meaningful

benefits of learning said task and envision a future with you having those benefits. This did not work for me, thus the other parts of the ANEW model are fairly irrelevant. Can not really blame the author, motivation has always been hard for me. Often you have to be motivated already to motivate yourself. I have read several books on motivation and none did the trick for any extended period of time either. I hope the book and model works for you. I think the other parts of the model are solid, and the aspiration isn't that bad for some I reckon. Good luck. 3 stars for me 4 for you.

While I find many things to love about Erika's latest book, there are three things I find most intriguing. First, Erika's natural ability to explain things in simple terms (vs. lots of inaccessible, or, frankly, obnoxious, jargon) makes this concept - permitting yourself to fail at something in order to ultimately master it - a quick and helpful read. (This writing style exists in all of her books, by the way - another reason I'm a fan.) Second, the reminder that your own mindset can impact everything you do is powerful - if you can manage your thinking, you're more likely to excel at other things. (I like the suggestion that I have some control over my own success - if I'm willing to do the work.) And finally, the notion that "mastery feels good" is SO true - and the book provides practical ways for you to attain that in your everyday life. Simple, actionable and relevant. Whether you are a new leader looking to build new skills or a seasoned leader who wants to grow further (or simply someone with a desire to learn, grow and excel) I highly recommend this book for your bookshelf.

Most successful people double down on the things that made them successful. That's not a bad strategy... until the world changes and makes that kind of success obsolete. The farther up the corporate ladder (or academic, or technical, or... you get the picture) we go, the harder it is to let go of that confidence and prestige in order to learn something new. But Erika Andersen gets it, and she shares the lessons about how to "get good at getting good at things" with her readers. Her credibility as a leading Forbes blogger and executive coach to many Fortune 500 C-level leaders rings through in a very practical way in her book, "Be Bad First." I was surprised at the how easily she identified--and then broke through--the barriers to learning new things; especially because I have been working with the topic myself for much of the past ten years. Andersen's writing style is practical and approachable, and her advice is equally useful. She lays out four mental skills that anyone can develop to "become a master of mastery." She never says that these skills are easy, and she doesn't sugar-coat the topic. That said, there is enough "how to" advice here to get

someone started in developing the skills. I highly recommend this book for mid-career and seasoned professionals, executives, and learning professionals.

When you're learning something new, there's often an expectation that you'll pick it up easily. That it will be smooth sailing. That you won't skip a beat. But when in your life have you learned something new and performed it perfectly right from the start? Enter Erika Andersen's book on how to get good at things fast. She gives practical, actionable advice about how to learn anything you choose. The most important step is changing how you talk to yourself. Shifting your mindset with her simple yet powerful tips will accelerate your learning curve. It's a great read, full of real-world, relatable examples. I couldn't put it down and finished it in one evening. I'm now putting Erika's framework into practice as I've pivoted into a new career and have taken up a new recreational sport. Not only does Erika's book help you learn faster, but it also makes life much more fun and rewarding.

I recommend this book if you want to get better at anything. To this end, it is relevant, to the point and actionable. I am using the skills explored in Be Bad First with my executive coaching clients, my kids and myself; it doesn't get more practical and useful than that. The tools are helping all of us short circuit the process (or in some cases get over pretty big barriers) to learning and improving in new areas, but I'm personally finding the ANEW framework is helping me deepen my expertise and get even better at things I thought I was already good at. One of my many favorite quotes from the book is, "if you never get done being bad, it means you're still learning." What a relief. I would be shocked if anyone didn't find this book helpful in myriad ways; both professionally and personally.

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