DiSSS

The recipe for learning any skill is encapsulated in this acronym.

HOW TO REMEMBER IT: Ah, the 1980s cultural contribution to modern English: *diss*. Just remember *diss* with an extra *s*: DiSSS. If you're a gamer and know PS3 (PlayStation 3), just think of DS3.

Here's the sequence:

DECONSTRUCTION

D

What are the minimal learnable units, the LEGO blocks, I should be starting with?

SELECTION

S

Which 20% of the blocks should I focus on for 80% or more of the outcome I want?

SEQUENCING

S

In what order should I learn the blocks?

STAKES

S

How do I set up stakes to create real consequences and guarantee I follow the program?

CaFE

There are several secondary principles that, while very helpful (I use all three constantly), are not required. Here, *CaFE* is the acronym:

COMPRESSION

Can I encapsulate the most important 20% into an easily graspable one-pager?

FREQUENCY

How frequently should I practice? Can I cram, and what should my schedule look like? What growing pains can I predict? What is the minimum effective dose (MED) for volume?

ENCODING

How do I anchor the new material to what I already know for rapid recall? Acronyms like *DiSSS* and *CaFE* are examples of encoding.

TWO NOTES BEFORE WE PROCEED

First, I've incorporated DiSSS and CaFE into this book, so you don't have to worry about them. If you're eager to get cooking, feel free to read Stakes (page 68) and Compression (page 70), and then jump straight to DOMESTIC on page 102.

Second, and most important, if anything gets too dense in META (and it might), jump to Stakes, read Compression, then skip to DOMESTIC. DOM will take you from making scrambled eggs to making $30 restaurant entrées in 24 hours. You can always come back to META later, after a few early wins and high fives.

There's no rush, and feel free to jump around. You don't have to understand how the engine works (cognition) to drive the car (in this case, cook).

For those brave souls who dare enter here, turn the page to see how deep my favorite rabbit hole goes.