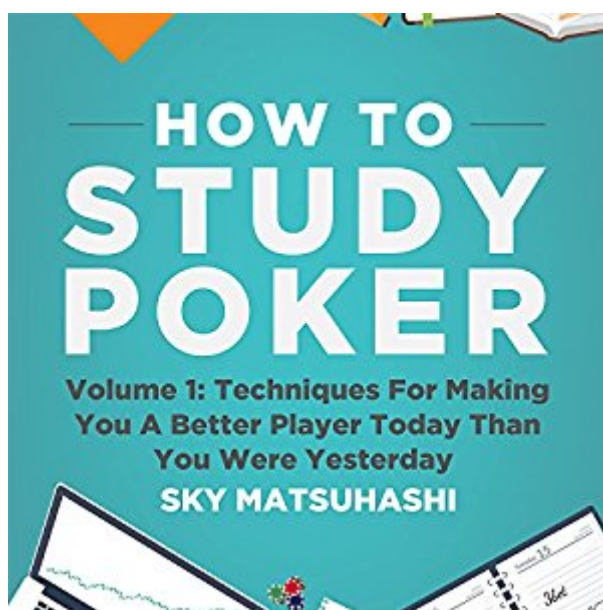


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# How To Study Poker, Volume 1q: Techniques For Making You A Better Player Today Than You Were Yesterday



## Synopsis

How to Study Poker is the first of its kind: a poker book that teaches you how to work out poker strategies for yourself on and off the felt. It's intended for No Limit Hold'em players, both live and online, who want to improve their poker game and are willing to put in the time necessary to learn the skills that will propel them through poker's ranks. If you're tired of passively learning poker from videos, reading books and articles, listening to podcasts, and attending webinars, then the 27 Action Steps contained within are just what you've been waiting for. Simply wanting to improve and doing the bare minimum of study just isn't enough. You must set a goal for your poker journey; you need to have a plan to develop the skills that will get you there, and you need to systematically work on building these skills one at a time. This style of purposeful practice is what you've been looking for. Also contained within are over 25 different study methods: Many off-the-felt methods of study are covered, like hand history reviews with PokerTracker 4 and Flopzilla, daily studies, journaling, study groups, mind maps, flash cards, and better learning from poker content. On-the-felt study methods like FOCUS sessions, volume sessions, warm-up and cool-downs, as well as the single most beneficial yet underutilized technique available to you: Poker Game Tape How to Study Poker gives you the study techniques you need to up your skills to compete in today's games.

## Book Information

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## Customer Reviews

Reminded me how much I forgot HOW to study. I have numerous poker books but haven't retained much from reading them other than the books themselves. Using this book as I go back through

some other books, things are really making sense and easier to remember what it is I was trying to learn to begin with!

i also like sky podcast

This book is fantastic! There are many great "nuts and bolts" books and other forms of poker info out there, but this one-of-a-kind gem teaches you how to get the most out of them. I just finished 7 days of studying 3-bets using the techniques and habits talked about in the book, and my understanding has grown immensely because of it. I have been studying poker since I started playing in 1999, but have never been this effective at learning. Even better, the knowledge has been directly incorporated into my game. I've read SO many poker books and far too often it goes in one ear and out the other without ever actually improving my game, but with Mr. Matsuhashi's suggestions, I have become a much better learner. To see what an excellent teacher Sky is, go to [smartpokerstudy.com](http://smartpokerstudy.com) or listen to the Smart Poker Study podcast. Then buy the book. It will help give you the tools to transform your game! Edit: I read this book for the first time a month before starting my first 2 college classes in years, and I destroyed them due to my superior study habits. Sky optimizes his recommendations for poker, but the techniques apply universally. In the words of Sky: "Do something positive for your poker game" and your life, and get this book!

Have you ever found yourself overwhelmed by all the information on poker that is out there? 3 months ago i decided to really go for it in my poker playing and training and spent a lot of cash to really improve my game. What i got was very overwhelmed and I was bouncing around from one bit of info to another and not improving. I could not find the best way to work all this new info into my game. Then i found this book. Sky understands how much is out there and tells you step by step and what you can do to get the direction you need so you can focus on improving your game. Right now i have a detailed game plan to help me over the next 8 to 12 weeks to improve my poker playing in the one area i need the most work on. Once done with that part i will again use what Sky has told me to detail and plan the next area of improvement in my game. I was very lucky the day I found this book by accident but so glad i did.

Would you recommend this book to a friend? If so, why? This is the same review that I also gave for the Audible Book Version of the same book. YES..... Easy to listen to and easy to understand. The narrator doesn't act like he's in a hurry to read the material and get it over with. What was one of the

most memorable moments of How to Study Poker, Volume 1? In Chapter 5, Utilizing The Learning Process Model. The quote from Helen Hayes, "The expert in anything was once a beginner." Makes me feel like it's ok to start over again even though I've failed many times. Which scene was your favorite? In Chapter 14, Control Tilt With Logic Statements. Another great Quote, "Anger is only one letter short of danger", by Eleanor Roosevelt. Coming to grips with Tilt makes all the difference in the world. For me Tilt was like a bad habit that I just couldn't brake. An addiction too strong to concur. But by injecting the carefully crafted logic statements into my head I've gotten past my negative emotions. Now I play my best regardless of what the cards bring me. What's an idea from the book that you will remember? There is no way of succeeding with out Strong Study Habits. I'm living proof of this fact. I've read many poker books over the years that I never studied. And then I would wonder why I wasn't getting better. No one had taken the time to write a book on how to study poker until Sky Matsushashi came along. Any additional comments? Many poker books will start off by saying if your a beginning poker player this book isn't for you. So when I tried to find a beginner poker book it would take me just so far and then leave me hanging. It would just assume I should know this or that. And then there are the poker courses where the instructor thinks you should already know this or that. And when there teaching they talk so fast you can't understand them and they won't sell you there manuscripts so you can review on your own. And then there are those that get you to buy there book for \$70 and when you ask them for a video series that goes over their book you have to buy their \$500 online poker course. To me that feels like a bate and switch deal. These and many other reasons are why I completely endorse Sky Matsushashi and all of his Poker Teaching material. He provides you free of charge a download of all of his Podcast shows. He's not going to rip you off with any bate and switch deals. I feel like I have finally found the Poker Teacher and Author that I've been looking for, for a long time. I'm looking forward to his next book that may come out in July of this year. I feel like Sky is the teacher that gets me and knows how to teach me where I can finally learn. With Sky I feel like I'm getting a fresh start with Poker. I feel like I can go at my own pace and not feel rushed and get overwhelmed.

This is probably at least the 20th poker book i've read. This is the first book i've read that makes me want to go back and re-read all my old books with the new techniques Sky has so generously imparted on us. Brilliant, unique, fat-free and funny at times. Loved the lebowski references and other "inside type jokes". Good to read something from another Fresnan. Great work Mr.

Matsushashi. I'm on board. A+ ⚡™⚡

I finally found a book that helps me improve my game. Before Sky's book I would attempt to study and learn poker only to get frustrated and lost. "How to Study Poker" gives you a solid way to study poker and I promise if you follow the steps correctly you will learn. I am loving it!!

DISCLAIMER: I served as an editor for this book. I think you will find this book very useful for giving concrete examples of how to study your game. Everyone knows that they are supposed to spend time away from the table and study, but few people have developed good study habits that make sure the things they are learning are internalized and translate to an improvement in their game. Sky's book tells you (very specifically) what to do, and how to do it, to make the best use of your study sessions.

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