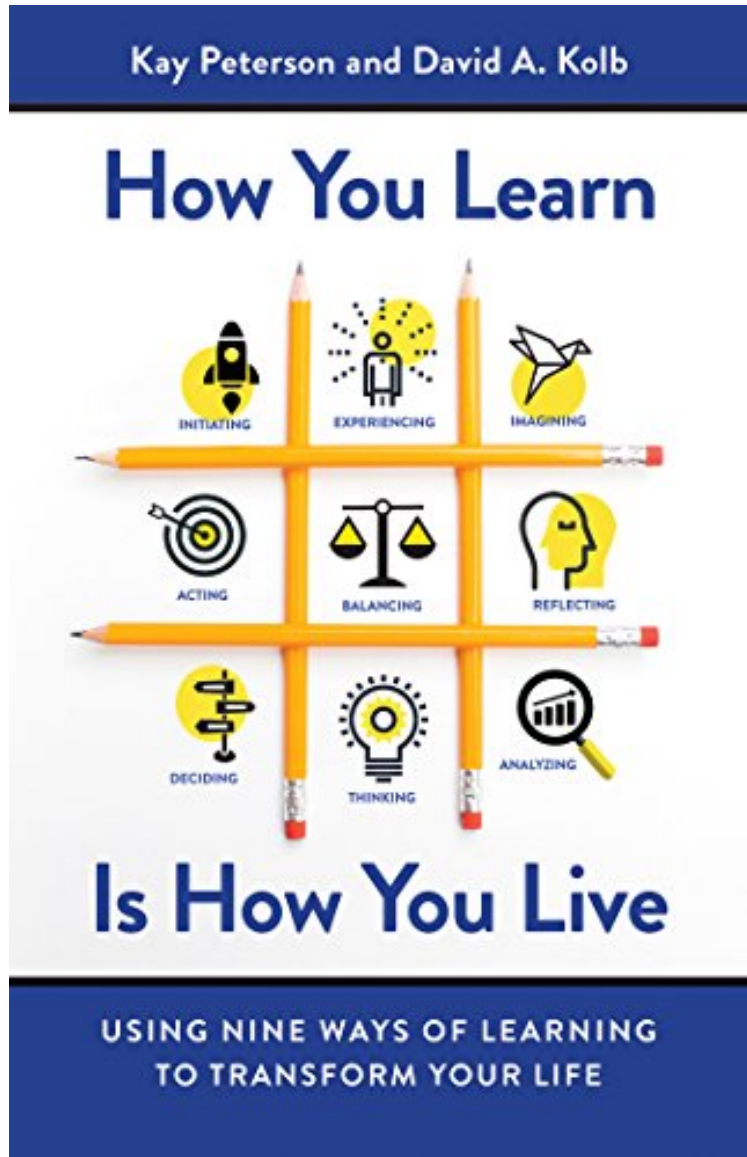


[Free] How You Learn Is How You Live: Using Nine Ways of Learning to Transform Your Life

How You Learn Is How You Live: Using Nine Ways of Learning to Transform Your Life

Kay Peterson, David A. Kolb

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Kay Peterson, David A. Kolb : How You Learn Is How You Live: Using Nine Ways of Learning to Transform Your Life before purchasing it in order to gage whether or not it would be worth my time, and all praised How You Learn Is How You Live: Using Nine Ways of Learning to Transform Your Life:

0 of 0 people found the following review helpful. Five StarsBy CustomerInteresting information and very useful to be applied6 of 6 people found the following review helpful. Must Read Book For LearnersBy Lisa KosakI am a lifelong

learning geek. I enjoy learning new information and absorb it with a thirst for reading, taking online MOOCs, and watching videos. I've always known that I am a visual learner and have tried to gear my learning to my style. The new book *How You Learn Is How You Live* — Using Nine Ways of Learning to Transform your Life by Kay Peterson, and David A. Kolb was an eye-opening read for me. Most of what we learn and retain is from experience and hands-on learning. We all embrace a defined method of learning, and for some of us, it's tough to change how we learn. We are introduced to the learning way which is an "awakening life force that's in all of us. We grow and develop by learning". Few of us even realize that there is a process for learning. To be effective learners, we need to view learning as a continuous ongoing process whereby we not only learn new skills but learn to apply existing skills to new situations. The authors stress how critical it is to discover our personal learning style so that we better understand ourselves and how we best respond. Moreover, they encourage us to learn all of the learning styles because we need to remain flexible in our learning and adapt a style based on a particular situation or those around us. There are nine learning styles based on the Kolb Learning Style Inventory (KLSI 4.0). Here are the nine learning styles: Experiencing, Imagining, Reflecting, Analyzing, Thinking, Deciding, Acting, Initiating, Balancing. Peterson and Kolb offer a quick assessment to determine your style along with detailed data on each as well as the strengths and weaknesses of each style. By learning more about all nine styles, you are better equipped to work with others in the style that is comfortable for them. You will have a greater understanding of how to communicate more efficiently with others as well. Caring about the styles of others makes for stronger teams and relationships. Moreover, there are detailed stories and insights about the various methods including how folks have learned about their style the hard way or how they had to adapt their style to a situation or career. Learning about your style will strengthen your awareness, aid in matching your style preferences to the demands around you, and perhaps give you clues as to why your career performance isn't where you desire it to be, or explain why some tasks just aren't interesting to you. Once you have a better understanding of the nine learning styles, you are ready to embark on learning how to be flexible with the nine styles. Most of us try to stay in our comfort zone when we learn or interact. That doesn't always work. You need to strive to develop strengths in the other learning styles. Effective leaders need to be able to respond differently in situations, and that means changing your style effortlessly. Matching your learning approach by jumping into another style will enable you to influence others and keep you on the path to lifelong learning. Integrating learning into your life is a commitment that never ends. We should all be deliberate in our practice and follow three key strategies to be effective. They include deep experiencing (mindfulness, intentional attention, and focus), deliberate learning, and start small with just one big thing. Intertwining your key learning style in with these strategies will set you up for success. *How You Learn is How you Live* is a must read if you are a driven learner, desire to understand and influence others or want to become more flexible in your learning or unique situations. I enjoyed learning more about the nine styles and how I need to adjust my style to that of others or in different circumstances. Each chapter includes a learning cycle checklist for action and practice exercise to put the information that we learn to use and to cement the new ideas introduced. I learned best through storytelling and immersed myself in the various stories and situations presented by Kay and David. The various scenarios enabled me to understand the importance of remaining flexible in using different learning styles as well as the need to learn how others learn in situations so that I can adapt to lead or have an impact. *How You Learn is How You Live* is a must read for anyone interested in becoming a more active learner, leader, and communicator. This nugget of knowledge will guide the reader along the path of learning with critical information, insightful stories, and self-exploration.

2 of 2 people found the following review helpful.

Welcome: a warm guide to Kolb's Experiential Learning Theory

By SC Calhoun

David A. Kolb's experiential learning theory is a general theory of learning that has proved to be a durable outlook on learning for thirty-three years, and counting. Because it was largely built out of Kolb's synthesis of Lewin, Piaget, and the pragmatism of James and Dewey, it is, above all, a practical theory anchored to immediate experience and self-aware reflection and experimentation. Peterson and Kolb's new book finally delivers an accessible, non-academic, and practical guide to experiential learning theory, and to the theory's central conception of learning styles. This book should be in the toolkit of every educator, management consultant, and student of learning and adult development. Chapter four and five bring everything together in a wonderfully cogent exploration of how to integrate the nine styles, yet, also make them robustly responsive to the variability of concrete situations and challenges. There's no heavy hand anywhere in this book. The book's vibe is pragmatic and its advice is given with the author's human touch, a touch that aims to inspire one to "give this possibility a try." The authors reveal the simple forward-leaning idea late in the book: how you live may include learning anything you want! Why not approach life with this open attitude? *How You Learn is How You Live* is likely to be a go-to; my own copy is already highlighted and sticky noted and nearby.

What's Your Learning Style? Being a lifelong learner is one of the secrets to happiness, success, and personal fulfillment. But what's the best way to become one? Kay Peterson and David Kolb have the answer. They offer deep, research-based insights into the ideal process of learning and guide you in identifying your dominant style. You'll discover how knowing your learning style can help you with all kinds of everyday challenges, from remembering someone's name to adding a crucial professional skill to your repertoire. This book is a guide to awakening the power

of learning that lies within each of us.

“Kay Peterson and David Kolb bring nearly a century of research and over 4,000 studies on experiential learning to our fingertips in this pragmatic and profound guide to living life—all of it—as a learner.”
—Ronald E. Fry, PhD, Professor, Department of Organizational Behavior, Weatherhead School of Management, Case Western Reserve University
“If you have ever wondered how you learn or why others around you may not be adapting and changing, this book will enlighten you.”
—Richard Boyatzis, PhD, Distinguished University Professor, Departments of Psychology, Cognitive Science, and Organizational Behavior, Case Western Reserve University
“The authors have delivered a wonderfully practical and well-crafted exploration of how learning touches all aspects of our lives. How You Learn Is How You Live will provide you with a keen awareness of how life flows through you, transforming experience into knowledge, making you the person you wish to become.”
—Robert M. Gemmill, PhD, Executive Director, TI:GER, Scheller College of Business, Georgia Institute of Technology
“We are what we learn. Peterson and Kolb build their case and then provide practical action steps for improving your learning process through entertaining and relatable stories and examples. But beyond the actionable lessons, I was inspired by the quality of their thinking and the beauty of their writing. To paraphrase one of their poetic statements, it was not the experience of reading their book but my experiencing of it that enhanced my learning.”
—Susan Fowler, author of *Why Motivating People Doesn't Work . . . and What Does*
“As a leadership development coach and continual learner, I loved this book! The authors expertly demonstrate the importance of maximizing our potential through recognizing and developing our personal learning styles. They stress how critical this process is for navigating modern, complex, and ever-changing environments. We learn that getting mired in the idea there is only one way to do things can be to our detriment. By embracing ‘learning’ as a fundamental organizing principle, we develop the flexibility necessary to draw from various learning styles. The critical first step begins with awareness. This step alone has profound implications for expanding perspectives and advancing the change process. This book offers assistance through a compelling blend of science, reflective exercises, and real-life examples. All would benefit from reading it and using the assessment tool to increase personal self-awareness and effectiveness in all areas of growth. I highly recommend it for you, your clients, family, and friends.”
—Sandy Carter, MSW, MBA, PhD, Professional Certified Coach
“Many thanks to Kay Peterson and David Kolb for advancing the important discussion of approaching our learning from a place of intention. Their new book, *How You Learn Is How You Live*, is a valuable blend of theory and practice, providing research-based depth to their assertions while also bridging to practical examples that meet the needs of a world that looks for immediate application and results. In my work with leaders, I find that the most successful leaders are those who are open to their own learning. This new work from Peterson and Kolb would be a worthy addition to any leadership library and provides a rich addition to the field of adult learning.”
—Mindy Hall, PhD, President and CEO, Peak Development Consulting, LLC
“This is a terrific, practical book about an expanded version of the Kolb learning model. I have used the basic model for years and believe this expanded version will be quite useful in my work with both individual and team coaching. I thought the stories, examples of application, and application tips were practical and at the right degree of detail to help people at all levels and in all functions see how the Kolb learning model can help them grow as individuals and help teams realize their potential.”
—Anne Litwin, PhD, President, Anne Litwin and Associates
“*How You Learn Is How You Live* is a practical guide grounded in theoretical research. A useful quick read to identify one's preferred style and provide insight in building human capacity in learning and living.”
—Lisa Massarweh, MSN, RN, Director, Kaiser Foundation Hospitals, and Robert Wood Johnson Foundation Executive Nurse Fellow (2006–2009)
“I strongly recommend this book to learners who seek to progress in life, who might be by choice or unexpectedly in transition, or who feel there is more to life than just finding your niche of happiness through pure strengths. Knowing your strengths is imperative, yet having the vision to expand your strengths is inspiring. In general, the concept of self-awareness is apparent throughout. The learning way provides a holistic insight with a scientific approach to experiencing life. Breaking down the various approaches or ways of learning certainly helped me magnify the benefits to exercising other styles or just gave me permission to experiment. As uncomfortable or awkward as this might initially feel, the challenge of tackling something new through expanding flexibility thinking and experiencing what might be is intriguing. Perfect for those who removed the word ‘complacency’ from their vocabulary. Peterson and Kolb provided a foundation for appreciating and embracing learning styles and increasing self-awareness, as well as permission to experiment and stretch your lens of life beyond your comfort zones.”
—Nancy White, MS-PODC, founder and CEO, Workshop AZ
“*How You Learn Is How You Live* portrays a straightforward, clear, and comprehensive approach that helps readers discover and appreciate how their learning style impacts how they experience life. The authors elucidate how intentionally taking ‘the learning way begins with the awareness that learning is present in every life experience and invites us to be engaged, experientially and mindfully, with how we are learning and what we are learning.’ The book is one that you want to reread again and again—something you want to experience again, each time mindfully approaching living and relating to oneself, to others, and to one's contribution

to our world's conscious evolution. This is most definitely an impactful book for individuals, for couples, for teams, for organizations—and for the world.” —Philip R Belzunce, PhD, and Lalei E Gutierrez, PhD, holistic psychologists, life-relational coaches, and diversity facilitators

“In their book, *How You Learn Is How You Live*, Kay Peterson and David Kolb have gifted us with a highly understandable and eminently practical guidebook on experiential learning and its importance to everything we do in life. In our pressured world of skill shortages and talent gaps, this book is recommended reading for every employer, teacher, guidance counselor, workforce developer, and economic developer concerned about creating the workforce of the future. Learning by doing has eclipsed traditional educational and training and development strategies because it works far better. Learning is a leading source of competitive advantage in today's fast-changing global economy.” —Don Iannone, President, Donald T. Iannone Associates

About the Author Kay Peterson is an executive coach and organizational development consultant who is a founder of the Institute for Experiential Learning. She uses the Experiential Learning framework to help professionals reach their full potential as leaders, owners, and entrepreneurs. David A. Kolb is the creator of Experiential Learning Theory. He is also the founder and chairman of Experience Based Learning Systems, Inc. and professor emeritus at Case Western Reserve University. Gregg Rizzo is one of the lucky ones who has found interconnecting passions that fuel his creativity. His appreciation of storytelling, people and photography comes to life in voiceover performances that evoke imagery and ideas that resonate with the senses. Gregg has a background in commercial voiceover acting and has narrated countless audiobooks.