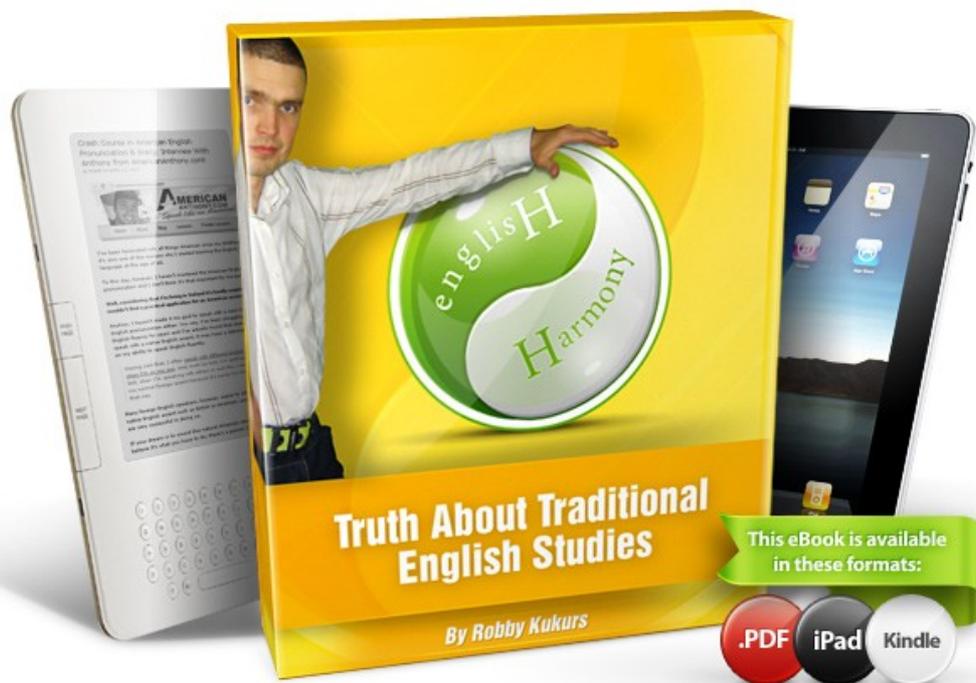


English Harmony

Truth About Traditional English Studies



By Robby Kukurs

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Do You Often Get Stuck for Words When Speaking in English?

Do you often catch yourself thinking of what exactly you're going to say a few moments before you say the actual thing?

Do you frequently make mistakes such as saying the wrong word or mixing up letters in words because you constantly think of a number of different ways to say the particular thing?

If you recognize yourself from my description, don't worry, you're not unique. There are thousands of other foreign English speakers who speak following the same pattern – they prepare speech in their head beforehand and then try to say it out loud. It creates all sorts of English fluency issues with the most noticeable being hesitation, stuttering and using wrong words or wrong grammar constructs.

In other words, you sound very uncertain and your conversation partner may get the impression that you don't really know what to say although in reality it's quite the opposite...

You know exactly what you want to say, and you know how to say it in five different ways, and all those sentences are right there, in your mind, it's just that when you speak out loud you kind of want to say it all at once!

I've been in the same boat, my friend. I know exactly how it feels and I also know what causes this problem. Would you like to understand the reasons behind this issue so that you can start dealing with it? Then keep reading and I'll explain everything to you!

Your Biggest Enemy - “Writing Mode” of Your Mind!

The problem of preparing speech in your head before speaking originates back in the day when you started learning English at school or even on your own.

As you might remember, most of the time in the English class was dedicated to writing in your copybooks and textbooks – new vocabulary words, sample sentences and so on. Homework had to be done in written format as well. I think it's fair to say that about 90% of your time spent on English studies focused around the written word. You had to read, you had to write, but one way or another all you did was – you trained your brain to construct grammatically correct sentences by carefully selecting the best fitting words and arranging them according to grammar rules.



I believe that this is the very root of the issue, my friends foreign English speakers! This constant exposure to written English makes your brain to visualize English words and sentences even when you try to speak – I like to call it the 'writing mode' of your mind!

Years upon years of constructing English sentences in your copybook has made you into a perfect English writer and a so-so speaker because the moment you open your mouth to say something during an actual conversation you keep seeing the copybook in front of you and your brain prepares sentences for you to speak and you can also visualize them.

Worst of all, **this visualization process constantly distracts you** and as a result you can't get fully involved into the conversation. When you open your mouth to start speaking, you keep seeing multiple options of how to say the particular thing because your brain is used to constructing English sentences on paper which involves careful consideration and decision making on how to say it best in terms of grammar, words choice and so on.

This all eventually leads to an information overload and leaves you frustrated, stressed out, and generally unhappy with your spoken English performance.

If Real-Life English is All About Speaking, Why English Studies at School are all about Reading and Writing?

Why do we learn and study the English language?

If you asked this question to an old linguistics professor whose hobby is researching English irregular verb origins, he'd give you a completely different answer than a person who's just traveled around the world and has spoken to thousands of people using the English language.

If the former would tell you that you have to study English hard to achieve good grades at school and acquire the necessary amount of points to enter a college or university of your choice, the person who's been out and about will tell you that the REAL APPLICATION of the English language is VERBAL COMMUNICATION!

Do you not agree? Just think about it - while being an English literate definitely involves being able to read and write very well, **isn't interpersonal communication skills that dominate every aspect of our lives?**

Let's say, you're aiming to get a job in a multinational service providing company. While any service desk's job specifics would definitely include e-mailing and non-verbal communication, isn't phone conversations that would make up the biggest part of your daily routine? And what about effective communication between you and your fellow employees and also managers and team leaders?



I think that everyone has to agree that while formal English knowledge plays an important part in going through modern educational system, at the end of the day it's how well you're able to SPEAK in English that determines your success !

OK, I agree that spoken English isn't completely ignored throughout school English curriculum.

There's some degree of English speaking incorporated in English lessons along with the traditional grammar, writing and listening parts. But if you look at the way English classes are normally organized, there's no way your teacher can dedicate enough attention to every student to get everyone in the class naturally involved in a real English conversation.

And it's also not a secret that school and college students generally will try to make the minimum amount of effort required to achieve good grades. Sadly enough, the English teachers also won't mind if students' spoken English isn't very well developed as far as listening and writing skills come up to required standards. After all the whole educational system is built on assessing students' knowledge by written material they produce in homework, tests and exams!

As a result we have a steady yearly flow of foreign national English students leaving different educational establishments with very little or no skills in real-life English communication!

Another Problem – Lack of Active English Immersion!

Given that each individual English student has very little opportunities to speak in English during English lessons, all students should be at least exposed to as much English as possible. Once they're past the English language basics, the native language should be done away with thus encouraging everyone to use English only.

- Teacher should talk to the students using English ONLY.
- Students should communicate with each-other using English ONLY.
- New English vocabulary should be explained with other, simpler English words, again – English ONLY!

This approach would do wonders in terms of facilitating thinking in the target language and therefore making students USE English to express themselves instead of memorizing separate words to construct artificial sentences in a copybook.

The bleak reality is, however, that even if English teachers used English all the time, many students wouldn't understand everything what's being said. In a class of 30 students you'll definitely get those who are lagging behind, and the teacher will be forced to explain certain things in the native language.

This in turn leads to a situation where students use their native language more than English during English lessons thus drastically reducing usage of natural English in the English class!

The way English learning is going now, the students get only a tiny exposure to the English language compared to what someone gets when living in an English speaking environment, for example. So it's no wonder that the worst English student from the class can become fluent in a few months after moving to an English speaking country, while the best students are still struggling with speaking in a natural environment!

It shouldn't actually come as a surprise if you think about the total time you spend ACTIVELY involved in English lessons. If you share the same classroom with another 20 – 30 students, the chances are that you get to speak just a couple of sentences during an average English lesson.

The teacher gets to speak the most – that's for sure! – although it should be quite the opposite. But

then you have to take into account the plan English teachers are required to go by, and they simply have no choice. After all, the whole curriculum is based on written assessment, and in reality it means that the teacher speaks, and the students listen.



As a result you probably get as much English practice throughout the whole academic year as you'd get in a few days time spent in a natural English speaking environment! That's shocking, but it's true nonetheless.

Also there's another factor to be mentioned here. I've always advocated for USING English instead of STUDYING it, and what would be a better way of using the language than learning other subjects through it? That way English students would get constant exposure to the English language, and even if some things would have to be explained in their native language, at least students would be required to actively USE English in order to learn other things!

Yes, what I propose is – learning English by using it to acquire knowledge in other subjects such as Geography, History, and Literature. I strongly believe that if we'd get rid of boring English Grammar studies and use the English language as a REAL LANGUAGE, students would be more enthusiastic about learning it and language acquisition would come naturally to them.

Why Your Mind Adapts the “Writing Mode” - It's All Because of Overanalysing!

Your studying habits inevitably shape your way of thinking and you might even not notice that you've become like those gray-haired English professors who write English grammar books and create school curricula. Long years of English studies – learning English Grammar rules and memorizing words through your native language – have left an imprint in the way you perceive the English language.

So if you're a victim of academic English education, there's a high risk that you:

- tend to look at English from the grammar standpoint;
- try to explain why certain things are said in a certain way and question if something doesn't make sense;
- speak and write in English trying to make everything perfect, just like in an English Grammar test!

Once you've been studying English for a long period of time following grammar translation and similar methods, you've been constantly exposed to the English language analysis. Word order in a sentence, correct verb forms, proper tense usage – there's loads of factors coming together when one expresses oneself in English.

When you speak in your native language, you don't constantly check your choice of words, grammar tenses and other things that you're required to do at school when studying your native

language. I don't think there's a single student who'd enjoy analyzing sentence structures in their native language. But when it comes to using that language, the lack of enthusiasm simply turns into everyday necessity.

So why learning and using English would be any different?

Well, those who've created English teaching programs have decided it for you... By teaching English from grammar standpoint you've been forced to perceive the language in an unnatural way and it's formed into a habit that's darn hard to break!

Instead of speaking naturally and without much thinking about what words to choose, you're paying way too much attention on grammar details simply because that's the way you've been taught to speak English.



Over time a nasty habit of over-analyzing has developed and you may perceive every new bit of information in English as mixture of tenses, verbs, nouns and prepositions rather than speech – and that's the same old 'writing mode' in action!

Once you're used to creating English sentences in a textbook using various grammar ingredients following precise grammar rules, you'll find it very hard to speak fluently. Speech is a spontaneous process and it involves a lot of improvisation as opposed to exact science subjects such as Math, for example.

Another way how this over-analyzing manifests itself is when you're trying to make perfect grammar sense out of everything you hear in English.

To be honest with you, I was the most terrible over analyzer you could ever find! I remember back in the day when I had just moved over to Ireland, I used to spot 'mistakes' in others speech considering myself a proper English speaker. "*I'm good*" was incorrect for me because "*good*" isn't an adverb, it's an adjective... "*I'm well*" was how I'd always say and praise myself for using proper English... I remember when I heard someone say "*all is fine*" I thought – "*how can he speak like that, doesn't he know that "everything is fine" is the proper way of saying it?"*"

Back then I hadn't realized yet that real-life spoken English doesn't always confirm to formal English grammar.

So I used to analyze nearly everything I heard or read; and whenever a particular word combination or phrase didn't make a grammar sense I tried to figure out why it is so. I used to learn long lists of grammar rule exceptions, in other words – **I was trying to categorize and systematize the English language like a huge catalog.**

Those who learned English purely by speaking, however, didn't give a damn about grammar rules or syntax. They perceived English language for what it is – means of communication, no more than that!

I was striving for perfection – just like it's required in an English class as you quite naturally aim for a better grade – but as a result I was making a whole lot more mistakes!

I was trying to sound fluent, but my hesitant and interrupted speech only made native English

speakers think that I'm just a beginner English learner...

And it's all down to the 'writing mode' of my mind created after all those long years of academic English education!

So do you want to know how to make the transition from the 'writing mode' of your mind into a 'speaking mode' when you can speak fluently, automatically and without much thinking about what you're going to say?

Then keep reading and you'll find out what EXACTLY you have to do in order to make that transition as quick and painless as possible!

STEP #1: Stop Focusing on English Grammar!

I have an impression that the majority of foreigners who want to improve their English are obsessed with English grammar. And mind this – I'm not using the word “obsessed” lightly. I'm using this word in its most extreme meaning!

Now I'm going to draw a typical profile of someone who wants to improve English – and don't be offended if you recognize yourself by my description. I'm doing it for your own good, and you'll find out why I'm doing it in a few paragraphs!

So here's the typical foreign English speaker talking about his/her English fluency issues:

“I want to improve my English. My grammar is very bad and I feel embarrassed when I speak English with others. I can understand English very well when I read newspapers and when others talk to me, but when I start speaking I make many grammar mistakes. I know that I should improve my English grammar to start speaking better, and I'm desperate to become more confident. Can you suggest a good English grammar book or software that would help me improve my English grammar?”

Whenever I get to read or hear something like this, it makes me angry. No really, putting all jokes aside, it makes me really angry

“Why don't you understand that English grammar has nothing to do with your spoken English confidence! Arghhhhhh!!!”

I'm not talking about those foreigners whose basic English knowledge is very poor. Those folks should indeed go and learn basic English grammar and vocabulary in the first place, it's out of question.

I'm talking about those whose general English knowledge is good; they simply lack spoken English confidence and fluency.

But instead of jumping into enjoying life through English and communicating AS MUCH AS POSSIBLE they're still stuck in the mindset of an English learner drilling through English grammar textbooks and writing sample sentences in a copybook. They're still having a tunnel vision and can't think outside the box. They're still so obsessed with English grammar that they can see grammar as the ONLY way to confident and fluent English!

They think – *“I need to improve my English... All right... Then I need to learn English grammar, right? Yeah, that's what I need! English grammar, English grammar, how to improve it? What are the best ways to improve it?”* So they commit themselves to this narrow, single-minded approach of

English improving by focusing on grammar EXCLUSIVELY.

Are you a taken aback by what I just said? Are you even offended?

Sorry, but I won't take my words back because I believe a shock therapy sometimes is the ONLY way to open one's eyes to reality!

Welcome to English Grammar Matrix!

Remember Neo from the "Matrix" films?

Just like Neo you live in a virtual reality. But unlike him, your virtual reality is created by your own beliefs. In this case, it's a self-imposed and a thousand times reinforced belief that the only thing that you have to work on is English grammar, and then you're English fluency will improve.

Sooner or later, however, the day of reckoning comes and the plug has to be unplugged and I'm not really sure if you can do it yourself...

Wake up, you don't need English Grammar!

WAKE UP! YOU DON'T NEED ENGLISH GRAMMAR!

Are you shocked? Good! Here's another confusing bit of information – I'm not saying English grammar is bad. I'm just saying you DON'T NEED it!

English grammar is something that exists on its own – it's the rules that determine how words are arranged in a sentence. Grammar is there regardless of whether we want it or not, and most importantly – regardless of whether we're AWARE of it or not!



I truly believe that you need to be able to explain the most advanced English grammar rules only if you want to become a professional linguist. Other than that, you're perfectly fine by being able to SPEAK correctly, and it's totally possible without knowing a single formal grammar rule because correct speech NATURALLY CONTAINS CORRECT GRAMMAR!

Do you start getting the picture now?

Once your general English knowledge is decent, you need focus your English improvement on communication and speech instead of the "I-need-to-improve-my-English-grammar" mindset. By improving your formal English grammar you'll become proficient at knowing grammar rules and writing sentences on paper; when it comes to speaking English – it's an entirely different story altogether!

Your formal grammar becomes useless, but not because it would be useless as such. It's simply because when you try to apply English grammar rules as you speak, your speech becomes interrupted, hesitant and slow – remember the 'writing mode'?

You can create a vicious circle whereby grammar books only exacerbate the issue but you're clinging to them with even bigger vigor simply because... you believe that the more grammar you'll learn, the better your English speech will become!

As I already pointed out previously, this belief originates in the traditional English learning industry and quite naturally most foreigners adopt the same attitude. The reasoning is the following – "if it's

done at school, it has to be right!”

But no matter how badly you want to believe that it's true, nothing could be actually further from truth!

Academic approach to English improving will make you more knowledgeable, no doubt about that. Your communication skills, on the other hand, will be left far behind...

Is that what you want? Behind left behind and living in a glass cell like millions of other foreign English speakers in the English language Matrix?

WAKE UP!

WHAT YOU CAN DO ABOUT IT RIGHT NOW:

Don't do English grammar exercises. If you love your books, go for reading English fiction instead! That way you'll naturally acquire all necessary grammar because it's contained within any piece of writing!

[Read this article to see how to achieve fluent English reading knowing only 70 – 80 % of vocabulary!](#)

STEP #2: Eliminate Your Native Language!

Here's an example.

Let's say you just memorized a new English vocabulary word 'perspective' by writing it down in your pocket dictionary followed by an explanation in your native language. This word sounds similar in many foreign languages, especially European, but if you come from a much different language background this word might not evoke any associations at all.

So you memorize this new word 'perspective' using the spaced repetition technique (revisiting this word a few times over a longer period of time), and as a result a very strong connection is established between 'perspective' and the matching word in your language.

Now, does this association enable you to use the English word 'perspective' in English conversations freely?

Nope!

You simply won't know HOW to use the word 'perspective' naturally if it associates only with the respective word in your native language! There's no other way for you to use that word than to THINK IN YOUR LANGUAGE and then construct an English sentence in your head right before you speak it out loud.

You simply can't think in English if all English vocabulary words have been matched up with corresponding words in your language!

Can you now see the folly in using your native language as a medium in vocabulary acquisition?

Personally I couldn't see it for a good while, and I kept learning new English vocabulary by memorizing word meanings in my native language – Latvian.

And of course - I kept struggling whenever I had to speak simply because my **NATIVE LANGUAGE KEPT INTERFERING with English** in my head.

But let's go back to our sample word 'perspective'.



If you learn the new English word 'perspective' by explaining it using other English words, you'll eliminate translation process between English and your language, which is crucial if you want to speak English naturally and effortlessly.

So instead of putting down translation in your language after the English word 'perspective' you should follow it by an English explanation – *'a point of view'*, or *'a different way of looking at something'*.

IDEALLY you should learn HOW that word is used in English naturally, and there's no better way to do it than by writing down English word combinations (or the so-called 'collocations') containing that word. *'To put things in perspective'* and *'to look at it from my perspective'* would be very useful collocations, and if you memorize them you'll be able to use the word 'perspective' like a native English speaker!

WHAT YOU CAN DO ABOUT IT NOW:

Stop using dictionaries where English terms are explained in your native language. Once you're capable of reading this eBook, your English is definitely good enough for you to look up things in English – English dictionaries.

[Please read this article where I'm sharing my best dictionary websites with you!](#)

STEP #3: Acquire New Vocabulary in Context!

Please grab a piece of paper and a pen before you resume reading as you'll be required to write down a few English words if you decide to participate in a small experiment!

Now we'll look at how important it is to acquire new vocabulary in context, and how much time you may be wasting learning new words separately, just by learning meanings of new words or even worse – learning them through a translation in your native language.

It's very important you participate in this so that you're able to feel the difference between sticking separate words together and learning word combinations.

Here's the experiment.

Basically you'll have to make effort to memorize a few quite sophisticated English adjectives but in case you know a few or even all of those words, please don't be offended! I'm not trying to insult your intelligence by making assumptions about your English vocabulary; I'll be doing my best to pick out a few English words that aren't heard that often in normal daily conversations or in media.

Now, please read the following five English words with the corresponding explanations and **try to do your best to memorize those words and their meanings** (don't spend too much time on the

task – read every sentence a couple of times and that will suffice for the purposes of this experiment):

Detrimental – causing damage, harm or injury.

Untenable – being such that defense or maintenance is impossible.

Precarious – dangerously lacking in security or stability.

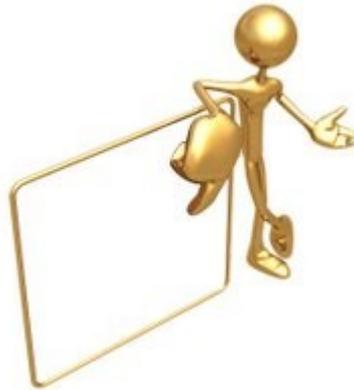
Impertinent – rude, lacking good manners.

Adverse – opposite to one's interests or welfare; harmful or unfavorable.

So, these were the five adjectives and I have to confess that I purposefully chose these words because they all describe something negative just to make it more difficult for you to memorize them!

But if you think it was unfair and I should have given you words describing different concepts so that you'd have a better chance of memorizing them, wait till you see how EASY it's going to be for you to remember these new English words if you learn them contextually!

Now, please go to the next page...



Read the descriptions of those words and try to recall what the respective adjectives were. Write them down on a piece of paper and number them 1 to 5.

1. Rude, lacking good manners – ...
2. Causing damage, harm or injury - ...
3. Opposite to one's interests or welfare; harmful or unfavorable - ...
4. Being such that defense or maintenance is impossible - ...
5. Dangerously lacking in security or stability - ...

Now, please compare your answers with the list on the next page to see how many of the adjectives you got right.



1. Impertinent
2. Detrimental
3. Adverse
4. Untenable
5. Precarious

Well, how well did you do? I hope you got some of them right – and well done if you could remember all five adjectives despite my attempts to make it as difficult as possible!

Anyway, what I'm trying to prove here is that it's much easier to acquire new English vocabulary in context, so I'd like you to think about how effectively you could use these five words in your English conversations, or in writing.

How likely do you think it is that you will start using these new English words when you speak with other English speakers?

Do you think you could easily blend them into sentences as you speak?

I hate to disappoint you, but personally I think you couldn't, and I guess you've come to the same conclusion yourself, am I not right?

So where's the problem? Why is that we, foreigners, when learning new English words the traditional way, struggle to use them in actual conversations? And why if we do use them, our speech is quite often very hesitant and we keep thinking of what would be the best fitting word to use when describing a certain concept, event, person or a thing?



The answer is quite simple, my friend! When you learn a meaning of a new English word just on its own, it's very difficult for your mind to create an association between that word and other English words in your mind!

There are probably dozens of very similar English words that you already know and most importantly – you've been using them in certain situations and certain context so **it's much easier for your mind to stick with what you already know** than to use that new English word.

Also, you may find it hard to speak fluently when trying to use such new vocabulary words because you have to spend too much time analyzing if that particular word can be used in a certain context. You basically have to go back to that word's description like a dictionary entry in your mind and see if it fits in the particular sentence, and that's how the 'writing mode' of your mind works.

Another huge problem is – how do we know that we use the particular word right? I guess you already know that we can't use English words the same way we'd use the respective words in our native languages because **every language has its own unique way of using certain words** and if you just create word strings as a direct translation from your language, you may come up with silly

things in English!

So the million dollar question is: **How can we memorize new English words effectively and then use them like native English speakers?**

Before I answer this question, let me introduce you to a new concept.

Imagine that every word in the English language has little hooks attached to them and when you form a sentence, words are hooking up with each other.



Now, imagine that **certain words are more likely to hook up with each other and less with others**, so, for instance, a word combination *'keep in touch'* is what native English speakers would say because these three words are normally hooked up with each other.

If you try to replace the word *'keep'* with its synonyms like *'stay'*, or *'remain'*, it would still be understandable what you meant but it wouldn't sound right.

So, now we can go back to the original question – how we can memorize new English words effectively and use them like native speakers do.



The trick is to memorize what other words your new word is usually hooked up with and that is going to make it an awful lot easier for you to memorize it! And you won't have to refer back to that word's description in your mind to use it in a sentence because you'll already know what words it goes together with!

So, let's do our little experiment once more, but this time I'll give you a word combination instead of a description and you'll see how easy it is to memorize new English vocabulary if you go down this route:

- **Detrimental effect** – a negative effect.
- **Adverse weather conditions** – bad weather conditions.
- **Precarious work** – part-time, temporary and fixed term employment where there's less certainty and stability for the employee.
- **Untenable position** – a position you can no longer hold.
- **Impertinent behavior** – rude behavior.

Now, what should have happened when you read these adjective and noun combinations is – *new associations should have formed between the adjectives you weren't familiar with and the nouns*

that are very well known to you. Of course, it would take more repetitions to make sure those word combinations or so called collocations get imprinted into your mind, but I hope you'll feel the difference in terms of your ability to remember those specific adjectives before and NOW! OK, now let's do our memory test once more, and this time you have to write down the word combos I gave you a minute ago.

1. Negative effect – ...
2. Bad weather conditions – ...
3. Part-time, temporary and fixed term employment where there's less certainty and stability for the employee – ...
4. A position you can no longer hold – ...
5. Rude behavior – ...

The answers are on the next page, please compare them with the collocations you wrote on your piece of paper!



1. Detrimental effect
2. Adverse weather conditions
 3. Precarious work
 4. Untenable position
 5. Impertinent behavior

How did you fare this time? Did you feel the difference between memorizing those words purely by their descriptions and now, when you memorized them contextually?

I bet you did, and that's what you have to keep doing when learning new English words in future!

Forget about hammering new words just on their own into your mind – the chances are, you won't be able to use them as part of a fluent English speech. **Your new approach has to involve memorizing any new English word you hear within context!**

Remember about the hooks – every English word has a pair of hooks to hook up with others and your aim as an English improver is to learn word combinations as opposed to single words!

WHAT YOU CAN DO ABOUT IT NOW:

Start learning popular English phrases, idiomatic expressions and collocations. That way you'll acquire natural spoken English patterns, and you'll find it so much easier to speak if you stick phrases together when speaking instead of sticking separate words together!

[Start learning English expressions with me – CLICK HERE to watch daily English expression videos!](#)

STEP #4: Start Speaking as Much as You Can!

The sole reason languages emerged during the evolutionary process is so that human beings could COMMUNICATE with each other.

Passing knowledge from one to another in written format and being able to retrieve it by reading is language's secondary purpose and even though nowadays it's probably just as important as the interpersonal communication factor, spoken word always comes first.

Yes, fluent speech is what underpins your general English knowledge in its every aspect – reading, writing and speaking – so **you have to make it your aim to speak as much as you can and whenever you can!**

You might have realized by now that the traditional approach towards English learning yields mediocre results because of the main focus on writing and reading, so believe me – if you become a good English speaker, you'll also be able to read and write very well whereas the opposite statement isn't always true.

You have to embrace every opportunity to speak with other English speakers.

You have to embrace every opportunity to speak with YOURSELF – yes, speak a lot with yourself! – if there's no-one else available (you can plan your day and think out loud at moments when you're alone – and it helps greatly, believe me!)

By the way – have you noticed that the traditional English teaching methods involve a lot of LISTENING?

They will even tell you that all you need in order to develop your fluency is engaging in a lot of listening, and they also say that it's the same way a child learns his or her first language.

IT'S WRONG!

If you're anything like me, the first question you'd ask to those who came up with this passive immersion listening method would be – *“Hold on, could it be that babies only listen during the first year because they're simply **unable to speak?**”*

I think it's completely obvious to anyone who delves on this matter for a short while that there's a difference between the first language acquisition in your early childhood and learning and improving English when you're an adult!

You – and me – and any other adult foreign English speaker is well capable of speaking unlike the baby who spends his first twelve months only listening because he needs to build his comprehension skills; his brain is simply unable to process information like the adult brain.

By saying that you should focus on listening stories or dialogues in English is equivalent to saying your brain and mouth aren't capable of working together and that you need to wire your brain like a baby when he's preparing to start speaking!



Actually our brain has already been wired to process abstract concepts and do logical reasoning – then why treat it like that of a baby? Of course, listening plays a huge role in a second language acquisition process, but the point I'm trying to make here is that you have to be constantly engaged in a speech practicing if you want to experience any gains in your fluency and ability to communicate!

You can't learn to speak fluently just by reading or listening – you need to train your mouth to do the speaking same way you'd train your body while working out in a gym.

You wouldn't get fitter by reading loads of fitness literature, and **you can't expect your spoken English skills to improve without a lot of speaking!**

WHAT YOU CAN DO ABOUT IT NOW:

Do you live in an English speaking country? Then make sure to use EVERY OPPORTUNITY to speak with other people!

And don't be afraid of making mistakes – read THIS ARTICLE to find out why you should ignore them!

If you have little opportunities to speak with others – engage in spoken English self-practice. I do it all the time (**watch THIS VIDEO of me speaking with myself in a car**), and it helps greatly with your fluency improvement! **Read this article to see why speaking with yourself isn't actually that different from speaking with others!**

Are You Really Serious About Your English Fluency Development?

You've finished reading this e-Book, and I hope now you've got a pretty good picture of why you've been unable to speak fluent English despite all your attempts.

It's the 'writing mode' of your mind that prevents you from speaking fluently and it's been developed over the years of traditional English studies without you being even aware of it.

Now you have to start working on your spoken English using the new methods and strategies you read about in this eBook, and I guarantee that you'll notice a considerable improvement to your fluency!

But if you're really serious about your fluency improvement, I warmly suggest you [check out my English Harmony System HERE!](#)

It's a unique software program I developed to help my fellow foreigners to accelerate the transition from the 'writing mode' of mind into the 'speaking mode'. And it's actually possible to do it in as little as 30 days!



There are **60 speech exercising lessons** included in the System (every lesson is around 10 minutes long). They're video lessons where a digital character speaks different English phrases, expressions, collocations and sentences, and you have to repeat and memorize them.

The voice has been recorded by a native English speaker and all of those phrases, phrasal verbs, idioms and sentences included in the lessons have been purposefully selected by a native English speaker to provide the best mix in terms of relevance and usage in everyday conversations.

After the repetition stage you're required to take part in a dialogue where all those phrases have to

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Check out [the English Harmony System 2.0 HERE!](#)

be used again. Every lesson is to be done twice over the course of two months; after that you should repeat the whole set of 60 lessons again to revisit the phrases and make sure you imprint those natural speech patterns into your mind.

There's no forceful memorization involved – everything happens without making any effort and you'll be surprised to feel that your mouth pronounces sentences used by native English speakers by itself!

What's very important – it's not only about memorizing the phrases; your mouth gets trained to produce English sentences INSTANTLY and you will be able to instinctively REPLACE certain words to create new sentences depending on an occasion; it becomes your second nature instead of racking your brain and trying to stick words together as you speak!

Also, there's a set of **10 meditation lessons included** in the [English Harmony System](#) and they're based on using affirmations and visualization to build one's confidence.

This is very, very important because most of my fellow foreigners who struggle with English fluency also experience confidence issues and are afraid of making mistakes while speaking, which in turn leads to all sorts of problems – getting tongue-tied, hesitation, and others.

So as you can see, the [English Harmony System](#) is going to address ALL the different aspects of your English – it's going to re-build your active vocabulary according to natural speech patterns, it's going to enable you to **speak instantly and without thinking**, and it's going to make you into a confident speaker who's not afraid of making mistakes BUT also speaks with confidence and can speak about any topic with anyone!

English Harmony – Truth About Traditional English Studies is

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