



## **Welcome to Natural Reader**

5 tips for a simpler way to fast reading

## **1. Focus**

Keeping attention on reading. To enhance the concentration reading is accompanied by suppression of internal dialogue and a decrease in response to external stimuli.

## **2. A casual reading, a browse**

A casual reading, a browse - is the ability to quickly find keywords and abstracts in the text, has a low density informative. For the development of this skill is used note-taking, drawing flowcharts, memory cards, as well as exercises for guessing the meaning of the whole sentence when read only part of it. This skill is the most difficult to master, as it affects directly many cognitive processes

## **3. Extension of field of visual perception**

There are special exercises (eg, tables Schulte), aimed at improving peripheral visual perception. Thanks to the skill of the one stop glance trained reader can reach a larger number of words, until the entire row. The smaller the looks on the line makes the reader, the higher the speed of reading and less fatigue. When training speed reading is necessary to learn to accept a line of text for less and less number of translations sight. Initially convenient to study this on newspapers with narrow columns of text.

## **4. Elimination of regression**

Elimination of "regression" - the return of eye movements in reading, re-reading sentences and paragraphs. This skill is closely linked with the development of memory.

## **5. Suppressing sub vocalization**

Suppressing sub vocalization - internal pronunciation readable text, development of word recognition skills directly in their visual typographic image, bypassing the internal sound recognition. To suppress sub vocalization commonly used methodologies to distraction while reading.