

# Book Reading Summary: Speed Reading: Learn to Read a 200+ Page Book in 1 Hour

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# 1 Reading Summary

## **2 Pre-Reading**

### **2.1 Purpose**

### **2.2 Power of Preview**

### **2.3 Changes Styles**

## **3 Speed Reading Techniques**

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### **6.1 Remembering What You Read**

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### **6.3 Eye Health**