

How to Speed Read



Speed reading is a technique used to increase reading speed without sacrificing comprehension or retention of information



Here are 6 of the best techniques
and approaches to speed reading



1. Skimming

Skimming is a technique that involves quickly reading through a text to get an idea of what it's about.

When you skim, you look for headings, subheadings, and any other visual cues that can give you a sense of the structure and content of the text. This technique helps you to identify the key points of the text quickly.



2. Scanning

Scanning is a technique that involves searching for specific information in a text.

When you scan, you look for keywords, phrases, or numbers that are relevant to your reading goals. This technique helps you to find the information you need quickly.



3. Eliminating Subvocalization

Subvocalization is the habit of silently pronouncing words as you read them. It slows down your reading speed and reduces your comprehension.

One way to eliminate subvocalization is to use a visual pacer, such as a pen or finger, to guide your eyes along the text.



4. Chunking

Chunking is a technique that involves grouping words together into meaningful phrases.

When you chunk, you read groups of words at a time, rather than reading one word at a time. This technique helps you to read faster and improves your comprehension.



5. Using Peripheral Vision

Using your peripheral vision means reading across the page, rather than one line at a time. This technique helps to improve the speed of your reading.



6. Practice

Like any skill, speed reading requires practice to improve.

Regular practice helps you to develop good reading habits and increase your reading speed over time.

