

HOW TO READ FASTER THAN YOU'RE USED TO?



The average person reads
200 to 250
words per minute.



You should be able to
double, triple, or even
quadruple that with
these simple steps.



1

- Read the table of contents.
- Read the review.
- Read the chapter summaries.



2

Don't sub-vocalize

*In other words, whenever you read,
don't say the words to yourself.*



3

Force your eye to move
across the page by using
your finger or a pen.

*This is the most important
part of speed reading; why?*

Swype to the next slide



What usually happens is that
your eye is going back and
it's reading all the words
that you've read before.

That's called visual regression

*It does it so fast that you don't
even realize you're doing it.
That is the biggest thing that
slows you down when reading.*



4

Learn to see groups of words

For example, if you see the three words,
“*word of mouth*,” you've seen it so many
times, and you know it goes together.
Your eye is trained to see that phrase
as a group, *word of mouth*.

You're not reading it
as individual words.



**If you can learn
to do that and see
in groups of words
as you read,
it will speed up
your reading speed.**



5

- Read the first sentence of each paragraph.
- Read the last sentence of each paragraph.
- Zoom through the middle of the text.



And here's why


The first sentence often
tells you what it's about.



The last sentence sums it up.



And if you read those two and
then zoom through the middle,
you will probably get the gist
of that paragraph.



6

Go faster than you think is
possible

When you're using your finger or a marker
and you're pushing your eye across the
text go faster than you think is possible.

*You will be amazed by the results
if you follow these steps.*