



Manjunath MS
MIND PERFORMANCE COACH

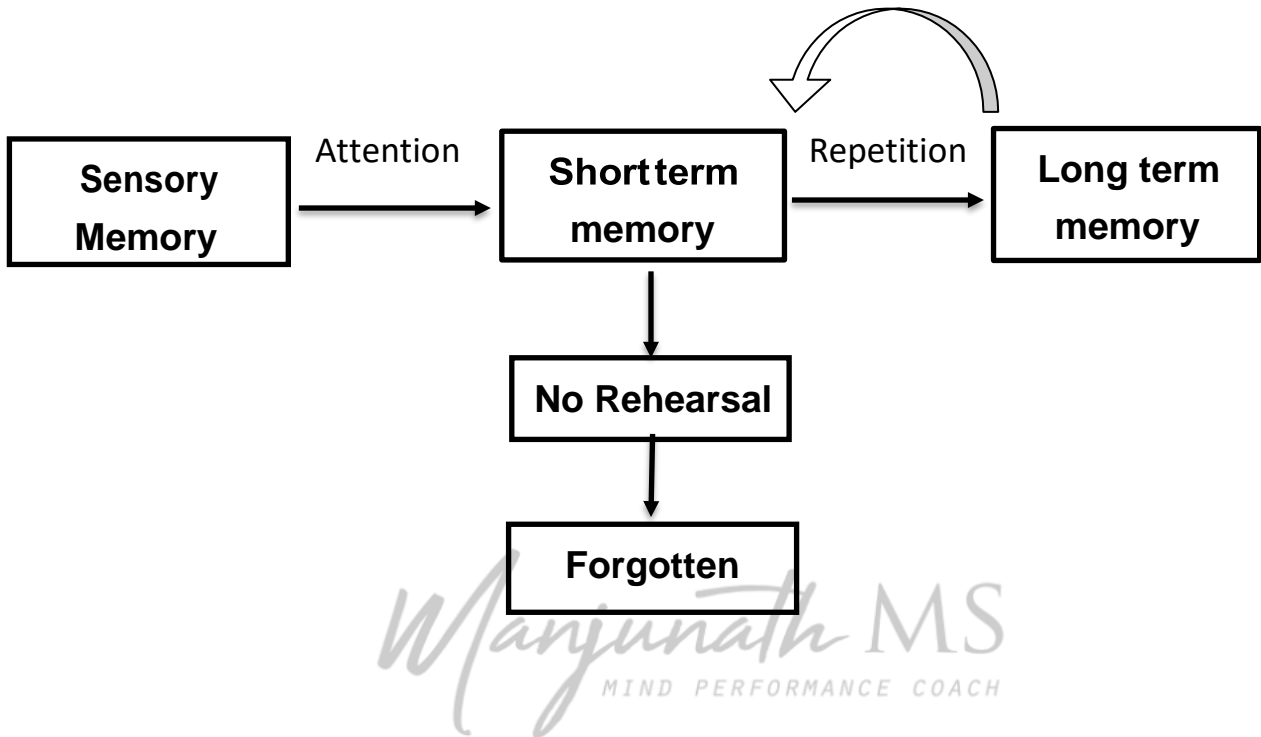
READ for SUCCESS @5.30AM

EBOOK

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<https://coachmanjunath.com>

MEMORY AND RECALL



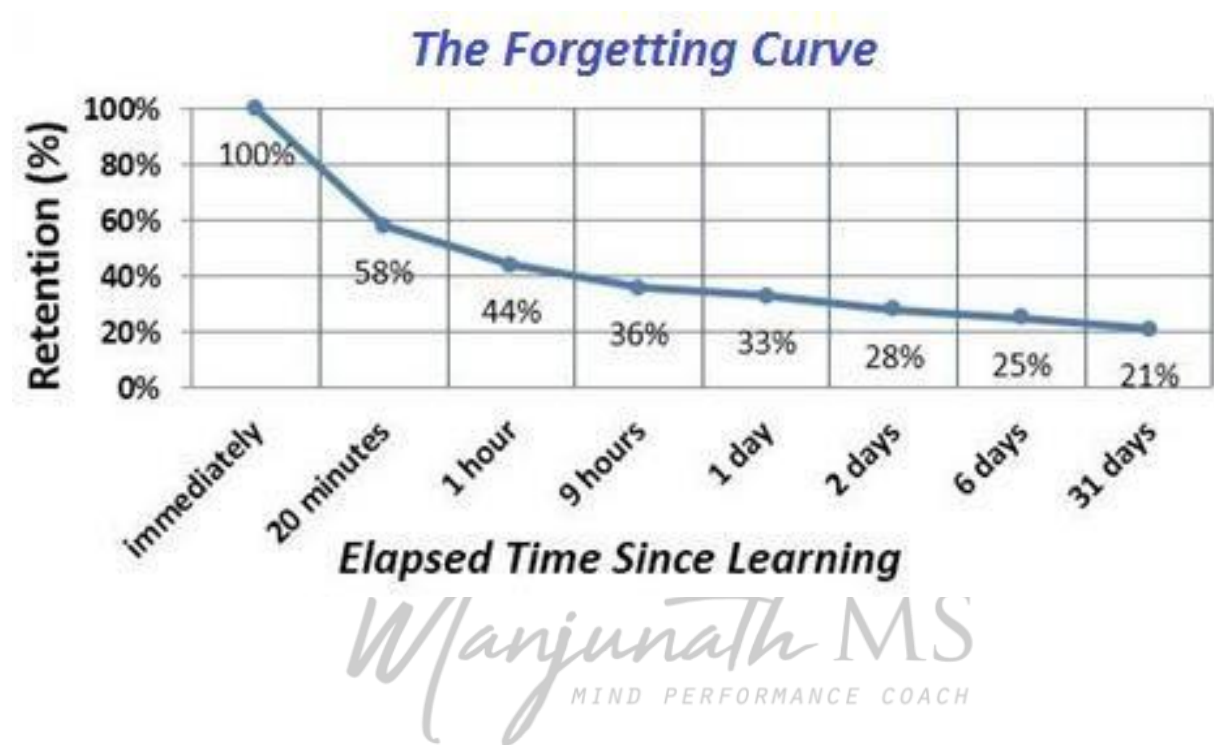
Memory is a tremendous process of encoding, storing and retrieving information

Sensory memory: Information stays for 2-3 seconds, and if attention is given it will go to short term memory.

Short Term Memory: Holds the information for 15-20 seconds. If rehearsal it will be passed to long term memory.

Long-term memory is, obviously enough, intended for storage of information over a long period of time.

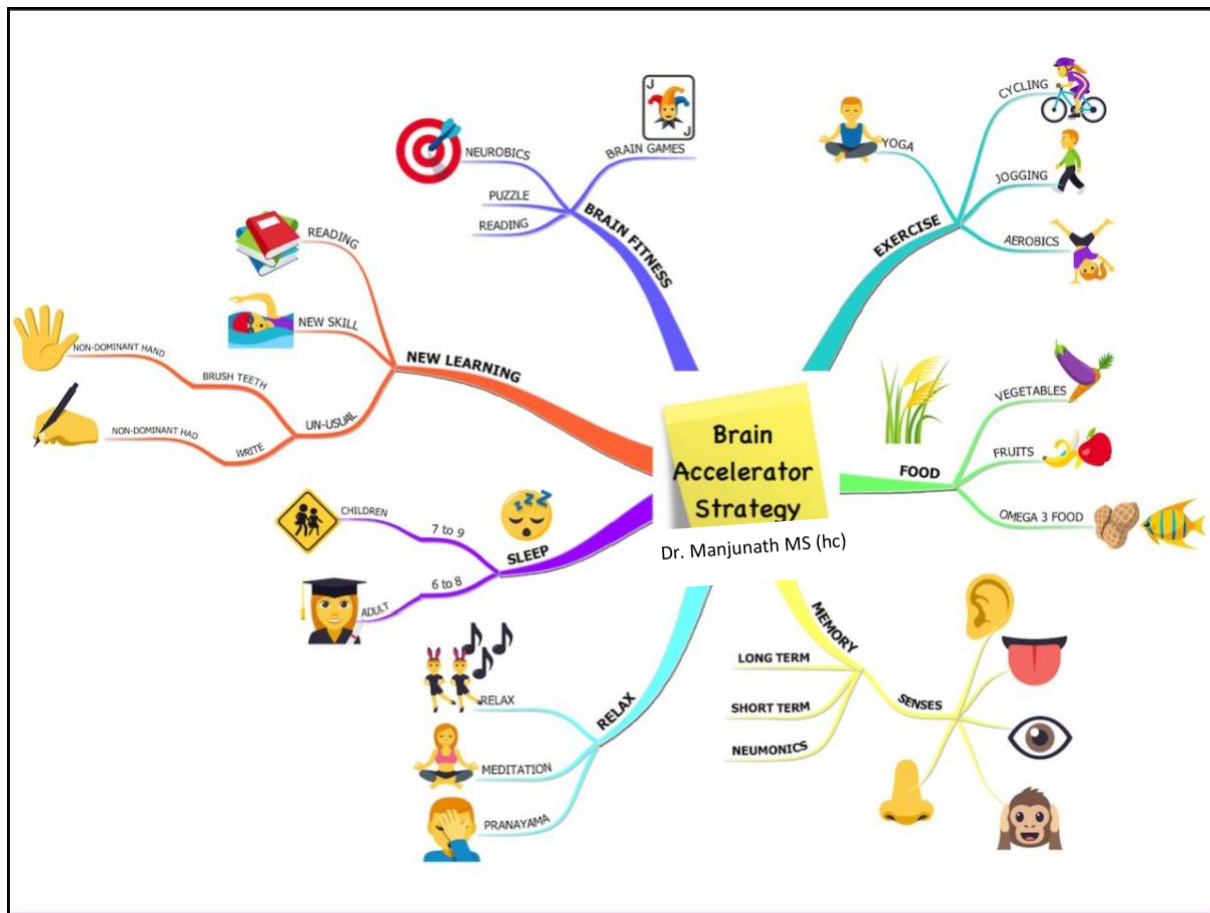
FORGETTING CURVE



Right & Left Brain Functions



BRAIN ACCELERATOR STRATEGY



CREATIVE VISUALIZATION TECHNIQUES

Creative visualization is a technique of using your imagination to create a clear mental image to remember things easily.

ROCKET	BOOKS
APPLE	TABLE
COMPUTER	SPECS
TELEPHONE	VISITING CARDS
GLASS	WIND
WOOD	ELEPHANT
PENCIL	TUBE LIGHT
PAPER	TOOTH PASTE
ROAD	MONKEYS
BUILDING	NEST
SHOP	FISHES
BISCUITS	BABY
OIL	AMITABH BACHCHAN
SHIRT	OBAMA
STOMACH	DANCE

CREATIVE MEMORY PRINCIPLE

“SIP CAFÉE”

- **S** : Senses
- **I** : Imagination
- **P** : Positivity
- **C** : Color
- **A** : Action
- **F** : Fun / Humor
- **E** : Exaggerate
- **E** : Emotion

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Reprogram Your Brain to Read Faster

Before going to start speed learning concept and techniques, few thoughts on why we need speed learning?

With vast amounts of information available for us every day through Internet, TV media, News, Paper etc... investing a little time for reading may not be sufficient to take all the information. Just Imagine if you are able to read newspaper quickly, Reading your interesting novel in half the time , zipping through your email in half the time, you can save considerable amount of time....Interesting !!!

Benefits of Speed reading

- Average person reading speed 200 words/min, with simple reading techniques, you can double your reading speed up to 800+ wpm in just few weeks. Even you could reach 1500+ with regular practice.
- Speed learning approach shortens the time needed to master new learning and apply it effectively on the job.
- Increases your knowledge and wisdom in many fields of interests.
- Improve your personality qualities, you'll become more confident.
- Enhanced memory, you'll remember more easily and quickly.
- Actively create your own future by learning new skills.
- The necessary motivation for learning increases. Motivation to read many new books.
- Creativity expands, the more information you know, the more you can innovate and creative
- Promotes concentration and Improves time management.
- Help to break monotony associated with routine learning, which more easily and quickly.
- Creativity expands, the more information you know, the more you can innovate and creative
- Promotes concentration and Improves time management.
- Help to break monotony associated with routine learning, which make learning fun.
- Open ups new job opportunities and can be a boost for any career.
- Allows absorbing information much faster and recalling information quickly and effectively

Follow these Simple steps to improve your reading speed:

STEP 1

Take any interesting book which you want to read, try novel, story book, anything which you really enjoy reading. DO NOT start with technical/text book first time.

STEP 2 : Determine your Current Speed.

To determine your current reading speed, take your practice book . Start your stopwatch and read for 1 Mins. Count number of words, that is your current speed, Eg : 250 words / Mins

Step 3

- Believe in yourself, everything is possible; Start with right mindset, you will be Unstoppable.....
- Set ½ an hour dedicated time for practice about 21 days, anytime morning or evening...
- Before going to start reading, close your eyes, take a three deep breath, say yourself, RELAX...RELAX...RELAX.

STEP 4

First think what you want from the book ?

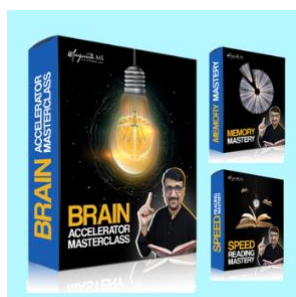
Generate a sense of urgency while reading.

Reading Word-by-Word : Reading word by word will slowdown reading speed. Learn how to increase speed by taking in meaningful chunks of words, Eg : “Statue of Liberty”, “I am going to Delhi”

Poor Concentration: Low Concentration reduces reading speed. So choose right place and focus your attention while reading which help you to concentrate more.

Happy Reading..

Need more help on SPEED reading... You can Join our Advanced Concept, **Brain Accelerator 21-Day Challenge** [Link here](#)



EXERCISES TO IMPROVE MENTAL FITNESS

- Recite all the 26 English alphabets backwards until you are proficient
 - Smile, Be cheerful
 - Thank people, be grateful
- Create a drawing with your non dominant and dominant hand simultaneously.
 - Eat with your non dominant hand, whenever possible.
- While practicing speed reading, flip the pages using your non dominant hand.
 - Pull or push doors with your non dominant hand.
 - Brush your teeth with your non dominant hand.
 - Drink with your non dominant hand.
 - Use TV remote with non-dominant hand.
 - Walk backwards for 5 minutes daily.
 - Practice Reverse reading
 - Write with both hands.
 - Complete task on time.

EFFECTIVE FOOD FOR HEALTHY BRAIN

The following are recommended food for healthy brain

Fatty Fish - About 60% of your brain is made of fat, and half of that fat is the omega-3. Your brain uses omega-3s to build brain and nerve cells, and these fats are essential for learning and memory

Recommendation: salmon, trout, sardines and canned tuna

Green Tea : caffeine in green tea boosts brain function. Two main components in coffee - caffeine and –antioxidants which help your brain. Its increased alertness, improved mood, Sharpened concentration

Oranges: Orange contains vitamin C which is a key factor in preventing mental decline. Protect against age-related mental decline and Alzheimer's disease

Eggs: Eggs are a good source of several nutrients tied to brain health, including vitamins B6 and B12, folate and choline.

Nuts: Nuts can improve cognition and even help prevent neuro degenerative diseases, Eg : Walnuts

Pumpkin Seeds: Pumpkin seeds contain powerful antioxidants that protect the body and brain.

Broccoli : **Broccoli** contains vitamin K, and other compounds like anti- inflammatory and antioxidant effects, which may help protect the brain against damage

Turmeric : Helps to grow new brain cells.

Blueberries : Good for Brain health, help improve communication between brain cells.

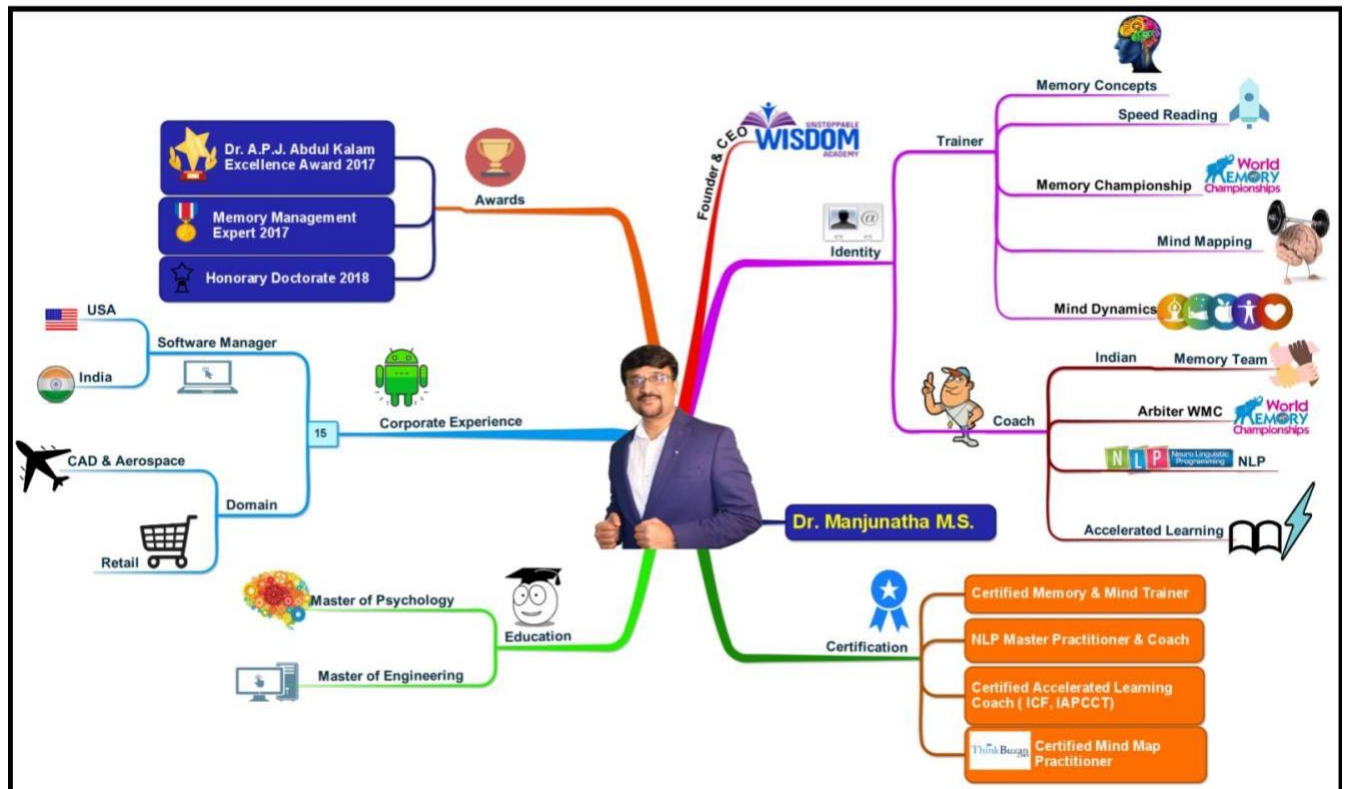
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AFFIRMATIONS (Sankalpa's) for Read Faster

- ✓ I am a **Genius**, my mind works like a **supercomputer**
- ✓ I am a fast reader
- ✓ I find it easy to read at least **1 Book** each week
- ✓ Remembering what **I read** is easy for me
- ✓ **Enjoy reading** books has made me much smarter
- ✓ Finding **time to read** comes easily to me
- ✓ I have a **sharp, focused** and **powerful** memory
- ✓ I have **high concentration** levels
- ✓ I **exercise** my mind by reading and learning new things
- ✓ Everyday in every respect, I am getting **better, better & better**

Introduction of Your Coach?



SUCCESSFUL SEMINAR/WORKSHOP

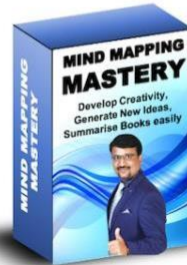


ADVANCED BRAIN ACCELERATOR PROGRAM

DEEP LEARNING



21 DAYS



Brain Accelerator 21-Day Challenge [Link here](#)

CONTACT INFORMATION

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