

INCREASE YOUR READING SPEED

by

OVER 2x TIMES IN 60 MINUTES



Retention, Exercises,
Tips & Tricks & Methods

BOB BABSON

Increase Your Reading Speed by Over 2x Times In 60 Minutes: Retention, Exercises, Tips and Tricks & Methods

By Bob Babson

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Getting Started

Experts have been discovered to be the only ones displaying the skill of speed reading over the years. It has returned to the spotlight once again with some apps making claims about helping people master the technique. Having said all of these, we will need to look at speed reading as well as its claims. This will help us to know whether truly it can help you read over a thousand words within 60 seconds.

Most people read around 400 – 500 words in 60 seconds while speed readers are making claims of being able to read about 1000 – 1700 words in 60 seconds. In order to have basis to support these claims, I met with Keith Rayner, a university of California professor and also a researcher in eye tracking.

We will be looking at the various speed reading techniques before getting down to what is working.

Different Techniques of Speed Reading

Before discussing about speed reading, the various specifics will need to be laid down. This will be the various ways through which text is being comprehended.

The way speed readers fixate on words is usually shortened. In other for this to be done, subvocalization is reduced. The result is that it is going to be faster as compared to the above stated 0.3 – 0.5 seconds. Speed reading is a practice that has been in existence since the 1950s. However, it tends to be getting trendy once again due to the emergence of many apps.

It has various methods that are popular. However, most of these do fall into systems that are different. Such methods include Rapid Serial Visual Presentation, meta guiding and skimming.

Skimming is a method that involves glancing through a text with the aim of looking for its parts that are most vital which you can read. Despite the fact that many people consider this method as a way of speeding reading, the reality is that you aren't learning how to read text any faster. According to experts, skimming can make you forget details which are vital in a text.

Meta guiding is an old technique. It involves the process of making use of your finger to direct the eyes towards specific words. Its major aim is to ensure that distraction is gotten rid of while your focus is on words that are vital.

There is also another method which makes you go through multiple lines all at once. It does this through getting your peripheral vision expanded. Tim Ferriss does have a technique for speed reading which is based on this idea. It will ensure that your focus is well – trained.

Rapid Serial Visual Presentation is a method that is adopted by majority of digital systems in recent times.

Your concentration is on the word which will be displayed on the screen. The rate at which words will be shown to you is going to be increasing as you are mastering the system.

Learning How to Read Without the Need to Subvocalize

There is one limitation that we always experience while reading. This is the time which our subconscious usually takes to get words pronounced on a particular page. Although we don't pronounce them out for others to hear, they are being spoken inside the mind. It is a process that is referred to as subvocalizing.

Time is always required for pronunciation whenever a word is being read out loud. We don't necessarily need to get words pronounced as they can be absorbed. The unfortunate thing is that we have become so used to that habit of getting words pronounced up to the point that it seems almost impossible that we will be able to break free from it.

One powerful trick that you can adopt is choose any of the words in this write – up and look at it without every saying anything. That is to say, don't pronounce such word. Initially, it may seem abstract or obscure which is understandable. Your focus at this point is looking at the words and at the same not having desire of hearing how they do sound like.

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