



INCREASE YOUR READING SPEED BY OVER 2X TIMES IN 60 MINUTES

*Retention, Exercises, Tips and Tricks &
Methods*

AUTHUR WILBERT

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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.

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