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How The Eyes Work During Speed Reading

By Brandon C. Hall

If you've ever been witness to someone speed reading the sight can be remarkable. They turn the pages of a book at breakneck speed and often their hand is skimming the length of the pages very quickly. It's difficult to imagine that they are absorbing everything that they are reading. After all, a person reading at normal speed can sometimes even have trouble remembering what they just read. However, it is possible to read and retain all of the information in a book or magazine even when you are reading it much faster than a normal person does.

It's obvious that one of the keys to speed reading is the eyes. It's the eyes that are scanning the page, and soaking up the information for the brain. The people who are able to speed read don't have special "bionic" type eyes. Their eyesight is just the same as anyone else's.

The first step to speed reading is found with the eyes. In order to read properly at all, regardless of speed, a person has to be able to see to the best of their ability. This involves getting a regular eye examination. Once you have a thumbs-up from the eye doctor or a new set of glasses or contact lens, you are all set to learn some of the basics regarding your eyes in relation to speed reading.

It's easier to read under a dim light than a very bright light. Many people have been led to believe the opposite and have spent years sitting next to a lamp that is almost blinding them, as they read. The eyes adjust better to dimmer light and so if you are going to practice your speed reading techniques, invest in a reading lamp which generally features a softer type light bulb, so that it's easier on the eyes.

For years it was strongly believed that speed reading was done by using the peripheral vision. When someone refers to peripheral vision, they are referring to the line of sight that you see out of the corner of your eye. The idea was that the eyes scanned the page and the words that were caught in the peripheral vision were the words that stuck. This doesn't seem to be the case though, as people who read using peripheral vision would ultimately be missing much of the text. This would lead to a misunderstanding of the material.

Instead it's important when you are attempting to speed read that your eyes scan the entire text. The techniques that are suggested for speed reading utilize this approach. That way the person reading

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isn't missing entire words or phrases as they would be with the peripheral vision approach.

Your eyes are essential to your success in speed reading. Having the proper prescription eye wear and using a dim light will give you the foundation you need to begin the process. By using your entire field of view, you can quickly and efficiently absorb the material you are reading.

For a complete 16 minute course on speed reading visit (

<http://findprofit.16speed.hop.clickbank.net>

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you want articles and information on speed reading and speed reading techniques visit (

<http://www.myspeedreading.com>

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Hand Positions In Speed Reading

By Brandon C. Hall

One of the most fascinating things about watching someone speed reading is the rate at which their hand glosses over the material they are reading. It moves so quickly and for the average reader, it seems as though it's moving much too fast for the person to be absorbing any part of the text.

If you've always read at a natural speed, it might seem impossible to imagine that you could read several times faster. It might also seem unbelievable that you can adopt the principles behind speed reading without too much effort.

Speed reading is based on the principle that your mind absorbs the material that you read at a quicker rate than someone who reads at a normal pace. Normally we take our time reading each page of a book, trying to grasp the meaning of each word and how that word relates to not only the sentence it is in, but the paragraph as well.

For someone who speed reads, they are able to glance at the words and instead of concentrating on each and every single word; they see the words as blocks. They view the block of words and the meaning is absorbed.

There are different methods to speed reading, but the general idea remains common. That is, your eyes must quickly scan the text of the page. To do this you can use different techniques.

The most common of these techniques is to use your hand or your finger. This is typically what we associate with speed readers. Their hand moves remarkably quickly over the page; skimming line by line until they flip the next page to begin the process all over again. They need to do this so that their

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eyes can follow the text. When you are reading at a rapid rate, it is easy for your eyes to lose track of where you are on the page. By tracing an invisible line beneath the text, their eyes stay completely focused.

Another method that works the same way is to use a card or a straight edge, such as ruler. This keeps the reader's eyes following the text. They aren't tempted to skip ahead and miss words. Their concentration is focused on exactly what they are reading, and as they work through the page, the card or straight edge moves with them.

Concentration is one of the most important aspects in reading in general. It is much more important when a person is developing their speed reading skills. Anyone can implement this rule into their reading. Using either their finger or a card the eyes will follow the words of the text at a much quicker rate.

The next time you are reading give this a try and see the difference it makes. You'll find yourself more focused on what you are reading and you won't be tempted to skip ahead and miss words that are essential to comprehension. Small tricks like this can make a significant improvement in your reading speed.

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