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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Increase Your Reading Speed By 4x In A Few Days

By Codi Morieta

If you think only the smart ones can read faster, then guess again. Anyone can improve their reading speed without sacrificing their comprehension skills. Being able to read faster means that you have more information at your disposal. Having this ability will give you a decided edge at any endeavor - especially in school, at work, or even during leisure.

Some people have developed their reading skills to the point that they can read an entire book in one sitting. For ordinary people that still have to read aloud or point at what they are reading to keep track of where they are, this can prove to be quite frustrating. However, there is a secret to unlock your reading skills so that they can dramatically increase exponentially.

The secret is increasing the periphery of your vision and exercising your eye muscles.

When you read, your eye leaps from one position on the page to another. This is called a saccade. Some people can only read one word per saccade. This forces them to perform numerous saccades per line of text. Faster readers can absorb more text per line; this results in fewer saccades per line of text. The fastest of them all can even swallow in a whole paragraph per glance.

Now if you think this is just some freak ability, you will be in for a surprise. It is possible to decrease the number of saccades per page and the speed of leaps between saccades.

To improve your ability to absorb words per saccade, you will have to perform some exercises to train your mind to absorb more. Some people are taught to read one word at a time. This is good for beginners. But as you grow older and get better at reading, you will need to be able to increase this through practice.

You do not have to concern yourself with comprehension at first. Just try to expand the focus of your mind as you go through groups of words. Try exercising this by scanning through a text document with emphasis on speed and word recognition. Contrary to what some believe, your mind is neither slow nor limited to a certain number of words per minute. If you train your eyes to scan and recognize quickly, your mind will follow suit.

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After this sort of exercise, you will want to test your comprehension next. You could use any book to perform this, or you could use a reading application especially designed for this purpose.

There are numerous eye–movement exercises to help your eye muscles react more quickly and to help you read faster. These exercises involve lateral eye movements and are good warm ups for reading activities.

When practicing your speed reading, remember that rest is very important. Do not overstress your eyes, and give them a few minutes break after 20 minutes of reading. This will give your eyes a chance to refocus and rest a bit from reading movements.

Given proper reading training and techniques, one may be able to increase his or her reading speed by as much as four times upon the first few days of training. This is an exponential increase in the inflow

of knowledge and information in person. Why don't you try a speed reading program today? It will definitely increase your enjoyment and acquisition of knowledge, and will definitely show you that reading is not just for the smart ones.

You can find out more on how to effectively double your reading speed and accelerate your learning abilities to the extreme at

<http://www.speed-reading-online-training-course.com>

How To Accelerate Your Reading Speed

By Riana Lance

Speed reading as a technique was developed by Mrs. Evelyn Wood in 1959. Impressed by her professor who read and graded a term paper of eighty pages in ten minutes she went on to observing reading methods of fast readers and developed the first ever speed reading technique.

Speed reading is a method that aims at improving the speed of reading and comprehension. The need for speed reading is obvious, as the volume of texts to be read on an average has been increasing since the invention of the printing machine.

And, increasing your reading speed can make a significant change in your life. So, what can you do to accelerate your speed of reading? To get started, you can pick up a non–fiction book. Why? Because the fiction one contains lots of dialogues which means contains many breaks in the text. Those breaks might slow down the speed of reading.

Also, don't pick a thick book. Three hundred pages would be the most. Get a book that you are interested in. It will help a lot.

Don't practice speed reading while you feel tired or not in the mood. To get the best out of it, you'd

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better try it while you are in a good mood. You can try a pleasant morning or mid-day. Get yourself sit in a comfortable couch in a cozy corner. Choose a quiet spot where you can fully concentrate. Then, what are the techniques?

Here are some techniques you might need to try to increase your speed of reading:

- Try to read down the page rather than left to right
- Read groups of words or complete thoughts rather than one word at a time
- Avoid involuntary rereading of material

You only need 15-minutes-a-day of practice. Doing it everyday will naturally increase your speed of reading.

Since now, the kids read more material than we did back then, it would be a great thing to include your children in the practice.

Make it a fun family activity. Each family member grabs a book and a timer is set. Once the reading begins, each person uses their speed reading skills to read as many of the pages of their book as they can until the timer sounds. The one who read the most will get prizes such as a trip to the library or a new book.

The result of speed reading skill will not only help them now but also in their future.

And remember, this skill is not limited to certain age. No one is ever too old to learn new things. Yet, a strong will is necessary.

Have a nice speedy reading.

Riana Lance has a deep concern on health. Get her inspirational e-mail guides on How to Improve Your Reading Speed at

<http://www.healthifica.com/reports/speed-reading.php>

Also, grasp her other

motivational health tips at

<http://www.healthifica.com>

, a worth-to-visit daily updated blog.

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