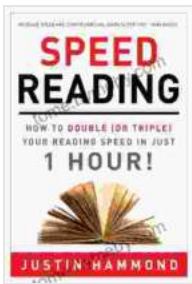# How To Double Or Triple Your Reading Speed In Just An Hour

Are you tired of spending hours reading without really absorbing the information? Do you wish you could read faster so that you could get more done in less time?

Speed Reading: How to Double (or Triple) Your Reading Speed in Just 1 Hour! by Justin Hammond

★★★★☆   4.1 out of 5

Language	: English
File size	: 992 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 74 pages

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If so, then you're in luck. In this article, I'm going to share with you some simple and effective techniques that you can use to double or even triple your reading speed in just an hour.

1. Focus on the text

When you're reading, it's important to focus on the text and avoid distractions. This means turning off the TV, putting away your phone, and finding a quiet place to read.

If you find yourself getting distracted, try to focus on the meaning of the text. Ask yourself what the author is trying to say. This will help you to stay engaged and focused on the task at hand.

2. Use a finger or a pen to guide your eyes

One of the best ways to increase your reading speed is to use a finger or a pen to guide your eyes across the page. This will help you to stay focused on the text and avoid skipping over words.

As you're reading, move your finger or pen along the line of text, just below the words. This will help you to keep your eyes focused on the text and avoid distractions.

3. Group words together

Another effective way to increase your reading speed is to group words together. This means reading groups of words at a time, rather than individual words.

To group words together, try to identify the main idea of each sentence. Once you've identified the main idea, you can read the rest of the sentence in groups of words.

For example, instead of reading the sentence "The boy ran down the street," you could read it as "The boy | ran down | the street." This will help you to read faster and to better understand the meaning of the text.

4. Read in chunks

When you're reading, it's important to read in chunks. This means reading a few sentences or paragraphs at a time, rather than the entire page.

Reading in chunks will help you to stay focused on the text and avoid getting overwhelmed. It will also help you to better understand the meaning of the text.

5. Take breaks

It's important to take breaks when you're reading. This will help you to stay focused and avoid getting tired.

Every 20-30 minutes, take a break for a few minutes. Get up and move around, or just close your eyes and relax.

Practice makes perfect

The key to increasing your reading speed is practice. The more you practice, the faster you will become.

Try to read for at least 30 minutes each day. As you practice, you will find that your reading speed will gradually increase.

By following these simple and effective techniques, you can double or even triple your reading speed in just an hour. This will help you to get more done in less time, and to better understand the information that you read.

So what are you waiting for? Start practicing today!
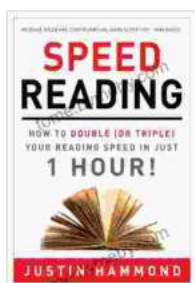
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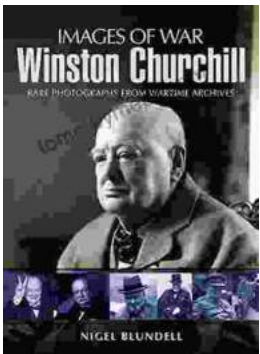
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