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3 ways to boost your Reading speed

1. Start using a timer

- Set a timer for one minute and read normally as the time passes.
- When the timer runs off, keep track of how many pages you've read.
- Continue repeating this, beating your previous count each time.
- Set a daily or weekly goal for yourself and reward yourself when you achieve it.

2. Be attentive

- Reading quickly and accurately demands focus and concentration.
- Reduce distractions, outside noise, and interruptions, and be attentive when your thoughts wander while reading.
- Avoid rereading unnecessarily by immersing yourself fully in the text.
- Attention is the secret to connecting the dots and reading faster.

3. Practice

- The more you read, the more proficient you become, increasing both speed and comprehension over time.
- Read out aloud, it helps engage both your mind and body.
- Trust the process and don't let self doubt slow you down.
- With time and persistence, your reading speed will naturally improve.

By using these simple tips you can also become a speed reader. Read a book like an athlete runs a race: with intention, speed, and attention.

Speed reading is more than just a technique for increasing your 'words per minute;' it also pushes you to gain confidence and live with greater intention.

THANK YOU FOR BEING HERE!

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