



Speed Reading: How To Read 3-5 Times Faster And Become an Effective Learner (Positive Psychology Book) (Volume 6)

Ian Tuchovsky

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Reading is one of the most important skills for those who want to really succeed in life.

No matter if your objective is to **do great during your University exams**, become a **bestselling writer**, or start **your own business**, you will have to read A LOT, and I mean it. Reading takes time. **Time is our most valuable asset** - nothing new here. You can always make money or meet new friends, but you will never be able to “make time”. The only way to succeed and have a happy life without regrets is to use it wisely and **learn how to manage and save it.**

In this book, I will take you through the dynamics of speed reading in a way you may have never imagined before. I’m here to preach the need for speed reading and make use of some of the principles that can steer your knowledge and productivity in the right direction.

Learn How To Read 5 Times Faster, Remember Much More and Save Massive Time!

I’m going to share with you the methods that I used. There are many, so everyone will find their way. This book has been designed to offer you the best points of a tried and tested formula – **straight to the point, with no fluff and fillers.** Regardless of the speed at which you read the text, this book is going to bring in transformation and change which will **make your life easier.**

In This Book You Will Read About:

- The History Of Speed Reading
- Popular Speed Reading Myths
- Environment and Preparation**
- How To Measure Your Reading Speed
- Key Speed Reading Techniques**
- Reading Tips for Computer and Tablet
- Common Reading Mistakes to Avoid
- Easy and Effective Memory/Learning Techniques
- Dealing with Tests and Diagrams**
- Practical Exercises and Eye Adjustments**
- Useful Links and Ideas
- Diet
- How to Track Your Progress
- Proper Motivation and Mindset

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Recommended Reading for You

About The Author

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Mark Shanks:

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