

Title:

Increase Your Reading Speed By 4x In A Few Days

Word Count:

570

Summary:

If you think only the smart ones can read faster, then guess again. Anyone can improve their r

Some people have developed their reading skills to the point that they can read an entire book

Keywords:

speed reading,read speed

Article Body:

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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 saccad

Now if you think this is just some freak ability, you will be in for a surprise. It is possibl

To improve your ability to absorb words per saccade, you will have to perform some exercises t

You do not have to concern yourself with comprehension at first. Just try to expand the focus

After this sort of exercise, you will want to test your comprehension next. You could use any

There are numerous eye-movement exercises to help your eye muscles react more quickly and to h

When practicing your speed reading, remember that rest is very important. Do not overstress yo

Given proper reading training and techniques, one may be able to increase his or her reading s

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