

# The Speed Reading Monster Course

By Rie Busten

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### ANCIENT KEYS OF JOY

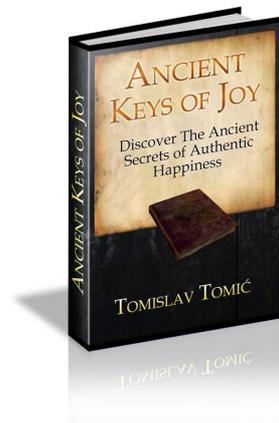
**Discover The Ancient Secrets of Authentic Happiness!**

<http://www.ancientkeysofjoy.com>

**You CAN Achieve Your Goals-and Live a More Relaxed, Enjoyable Lifestyle - Just By Changing Your Way of Thinking!**

Inside each of us are the keys to achieving our innermost desires-from professional goals to personal objectives. Ancient Keys of Joy, from self-development author Tomislav Tomic, reveals the remarkably powerful, age-old-yet simple-techniques for realizing your fullest potential. And best of all, these incredible tools won't require more than 20 minutes a day to help you re-frame your worldview, so that you can actually attain the reality you desire. You'll learn:

- The groundbreaking science that outlines how your thinking and outlook affects your physical reality-and how to harness this extraordinary power.
- Why you should reprogram your old, worn-out beliefs to help put you on the path you truly desire and deserve.
- The top 3 mistakes most people make that prevent them from achieving their dreams and how to avoid them.
- Why just 20 minutes of meditation a day can help you become aware of and unlock the unlimited joy within.
- A complete, step-by-step guide to meditation, perfect for beginners.
- The secret for creating time for yourself and achieving a more relaxed state, every day.
- Much, much more!



Concise, approachable, and always easy to understand, Ancient Keys of Joy is the antidote to our harried, stressful, and go-go modern lives.

Tomislav Tomic is a lawyer, entrepreneur, and author. A practitioner of yoga and meditation since he was 18, Tomislav has spent countless hours researching these topics and has been taught by respected experts. He is a graduate of the law school at the University of Zagreb (Croatia), and lives with his wife and daughter on the island of Hvar, Croatia.

**For more information visit <http://www.ancientkeysofjoy.com>**

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sub-vo-ca-li-za-tion

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# Introduction

## **Pre-Requisites of Speed Reading**

Alvin Tofler, author of *Third Wave*, contends that we are now in the information age. It is said that power belongs to those who have the knowledge and information. This we would like to dispute.

Being in the information age, so many data and inputs are available. Tons and tons of materials are readily available with just one click of the mouse. Numerous data are readily available to all people. Yet, how come not all of these people who have access to mountains of materials are considered powerful?

It is our contention that those who are able to wade through tons of information, comprehend, and make use of that knowledge for meaningful purposes **IN A SHORTER PERIOD OF TIME** are the ones who hold the key to power. Speed is the key.

This reality reinforced the need to update our skills in speed reading. The need to accelerate our reading and learning abilities to the extreme resulted to this book. This book offers techniques that you can make use to hasten the skill in reading and comprehension. It presents scientific explanation on the causes of slow reading. It explains how the practice of hearing your “inner voice” actually saying the words you are reading can drastically slow you down.

Speed reading basically covers two areas: reading and comprehension. These go hand in hand. It is useless to study speed reading if you have trouble in absorbing information. You should already be an able reader before you try to speed read. Speed reading will not help you if you have problems in understanding the meaning of the words. To be able to enjoy the full benefits of speed reading, you must have the necessary facilities in understanding college-level materials.

Before starting on speed reading exercises, you must have the condition of your eyes checked. You might want to adjust your reading glasses. Speed reading will “exercise” your eyes, and would not unduly strain them and hamper your improvement. Consult the eye doctor for possible advice on how to take care of your eyes. They will provide advice on the best position while reading, proper position of the lamp or light source, what to do when you experience eye strain, etc.

Apart from these, the speed of learning speed reading (excuse the pun!) is heavily dependent on four other factors. Ask yourself these important questions:

- Why do you want to improve your reading? The purpose determines the motivating factors that will inspire you to go through and complete the whole program.
- How much do you want to improve? Do you want to increase it from 300 words per minute to 800 wpm then to 1,000 wpm? You have to set a target to be able to determine the extent of your growth.
- How much time do you have for the exercises? Practice make perfect. It is not enough for you to know the skills, but you should devote time to practice and upgrade your skills faster.
- How open are you to new techniques? This report requires you to have an open mind to be able to see and recognize the usefulness of new and scientific techniques in speed reading. This report incorporates new practices such as reading a report from the computer.

It is said that speed readers are considered impatient readers. So, what are you waiting for? Let the lessons begin ...

# **Chapter 1**

## **Before Speed Reading**

How many times have you promised yourself to read more but just never found enough time? If only you could do it quickly and more efficiently.

Effective and efficient readers learn to use many styles of reading for different purposes, which include skimming, scanning, and critical reading. Before reading, you need to identify the purpose why you'll be doing such activity: Are you looking for background information on a topic you know a little bit about already? Are you looking for specific details and facts that you can marshal in support of an argument? Are you trying to see how an author approaches his topic rhetorically?

It is crucial to know your purpose in reading as it helps focus your attention on important aspects of the text. Before turning those pages, take a moment first to reflect and clarify what your goal really is.

There are many ways to familiarize your self with the background of the text, and gain a useful overview of its content and structure before actually absorbing and digesting the text. Seek information about the context of the reading, its purpose, and its general content. Look for an abstract or an author's or editor's note that may precede the article itself. Read any background information that is available to you about the author, the occasion of the writing, its intended audience, and more useful information.

After viewing the title and noting general ideas that are accessible to you as a reader, you can continue to browse pages and scan paragraphs in order to get the gist of what material the text covers and how that material is arranged. As soon as you finished looking over the text as a whole, read the introductory paragraph or section, noticing that some authors will provide an overview of their message

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