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Last updated on November 12, 2020 You have plenty of books waiting for your attention, but you just don't have enough time! Don't you want you could read faster without compromising your knowledge of knowledge? This is where a vital learning technique comes to the rescue: reading speed. Speed reading is the top skills learned in 2020. Read on to find out everything about this amazing technique! What is Reading Speed? On average, an adult can read somewhere between 200 to 300 words per minute. With speed reading skills, you can read much faster -- around 1500 words per minute. Yes, that sounds impossible, but it's true. In order to understand how this skill works, you first need to know how the reading process works inside a person's brain. The first reading process is for the eyes to look in a word. This fixation on each word takes around 0.25 seconds. Next, you start moving your eyes to that word. It takes 0.1 seconds to move from one word to the next. It is called typist. Generally, you take in 4-5 words in mind, or a sentence, at once. After all the fixations and thrashes, the brain goes over the whole sentence again in order to work out the meaning. This takes around half a second. All in all, that means average people read 200 to 300 words in a minute. Speed up the concept process of speed reading is faster this process by at least 5 times. Since the thrash period can't get shorter any further, reading speeds highlight faster fixations. To accomplish this, scientists recommend that the reader skip the sub-vocalization: When readers actually say the word in their mind, even when the reading is silent. Basically, reading speed is the technique to only view the words instead of the silent speakers. Don't confuse this with skimme. When a reader escalates to a text, they skip the parts that their brain considers to be necessary. You can skip important information in this process, and skimme does not allow the brain to keep what has been read. Why Speed It? Speed reading is not only quick, but it's also effective. This skill saves a lot of time without sacrificing information. Also, it has proven to improve memory. Performance of the brain improves during speed reading, allowing the reader to recall more information than before. Since reading the brain's stabilizing speeds, the information is treated faster and more efficiently. Believe it or not, this technique leads to improved focus, too. As the brain receives a lot of information during speed readings, there are far chances for fewer distractions. The brain focuses solely on the work at hand. Since the brain is, after all, a muscle, the process of speed reading law as an exercise. Just like the rest of your muscles, your brain needs to exercise to grow stronger, too. A brain focus means improving logical thinking. Your Cum become used to receive and organize so much information so quickly, your thought process will get faster. As soon as a problem is thrown at you, your brain will quickly put two and two together. You will be able to retrieve stored information, figure out correlation, and come up with new solutions, all in seconds! Still not convinced? Read 10 Reasons Why You Should Learn Greater Speed Reading Greater Benefits And A Health Brain, You Can Expect Better Things In Other Parts Of Your Life, Too. An increase in self-esteem is just one of them. As you start to understand information at a faster pace, you will also start to evaluate more opportunities all around you. With the ability to deeply understand information in a shorter period of time, your confidence level will quickly grow. Moreover, all scope benefits will relieve you from stress. With all these advantages, your emotional assets will be healthy than ever. You will feel less stress since your brain will learn to attack problems efficiently. Speed reading will lead to a relaxed pace, tension-free form! How to learn speed reading speed it is a superpower. Fortunately, unlike other superpowers, this one can learn! There are different techniques that can be used to master this skills. Opt for one of your best to suit your learning style. 1. The person's Pointer method is credited for popularizing reading speed, Evelyn Wood, came with the council method. It is a simple technique in which the reader uses index fingers to slide across the text that they're reading. As the finger moves, the brain coherently moves along with it. It is an effective technique to keep the focus eyes where the finger goes without causing any distractions. Readers have a tendency to skip back-jumping. The pointer method prevents this from occurring, thereby saving at least half the time reading. 2. The method scans in this technique, the reader's eyes move along part of the page only. This can be left or right of the text, but is usually the center since which is better. Instead of passing through the whole text from left to right, the vision changes from top to bottom. This method involves fixation on keywords, such as name, figure, or other specific terms. When you do this, the thrush time is minimized. 3. Expansion of perception generally, one reader focuses on one word at a time. This technique, on the other hand, encouraged the brain to read a little word together. In doing so, this method increases the reader's perferent vision. Here's the thing: Even though the fixed time remains the same with persective expansion, the number of words that eyes are fixed on leverage. Basically, the brain receives 5 times more information in the same amount of time. This technique is harder to master and takes the most time to learn. You'll need help in speed tools in order to practice the perceptible expansion method. However, once you master it, this technique will offer you the fastest reading speed and the maximum knowledge consumption. The best speed Reading Apps toolkit is easier to help any process in any part of life these days is your smartphone. You can use mobile applications to learn reading speeds on the go. It has been proven that regularly practicing speed reading is the fastest way to learn this skill. Here are a few great options to look at: 1. Reedy If you own an Android smartphone, you can download Reedy to your mobile. Otherwise, get the Chrome extension on your laptop to enjoy reading speed and Reedy.Sa the reader app tracks it faster by displaying words one by one on the screen. Instead of going through lines or long text, Reedy prepares the user to focus on one word in a word. Although this is not an efficient method to learn long text reading speed, it is a good way to start. 2. Readme! If you're an Android or iOS user, you can take advantage of the ReadMe! Application. This app even comes with some e-book options for practicing speed reading on. Start by selecting your desired font size, color, layout, etc. Other than that, there are different reading modes for the user to choose from. If you want to practice reading sentences by sentence or in short paragraphs, you can choose the reading focus mode. The beeline reader mode changes the color of the text to guide the eye to it from the beginning of the end to a certain speed. Lastly, there's the spritz mode in which the app focuses on the word crash at once. This controls the reader's perferent vision. However, this mode is not fully available in the free version of the app. 3. Spreeder Spreeder is available on both iOS and Android. However, users can also gain benefits from Spreeder's website. This application allows to paste the reader into any text they would like to read speed. Starting at a low speed instead, the app flashlight words one by one. Gradually, as the user becomes more comfortable, the speed increases. Slowly, the user is trained at his speed without having to skip any words. This app is different from the rest because it tracks the user's reading improvements, recording the overall reading time and speed. Controversy enthusiasm reading speed truth, speed reading makes sound too good to be true. It's hard to believe that it is possible human to reach such a fast pass without compromising the quality of information you receive. Perhaps as a result, there are people who don't trust the process of reading pace. They believe that when you read across a text at such a high speed, speed readers can't develop good understanding. It is true that reading speed will be in no use if you don't understand the text you're reading, no matter how quickly you've done it. Similarly, if you were reading and still do not retain or understand its information you read, which should be useless, too. However, there are a few factors to consider here. When you're reading at a normal speed, there is enough time in between each step of the process for the brain to get distracted. Conversely, reading rear speeds don't have time for the brain to focus on something else. It is unlike images. There isn't a part of the skip text, which means that the brain receives every single bit of information. If you're still not convinced, take a look at this video to learn about reading faster: Conclusion of all these things in mind, reading speed may not mark a hoax or a failure. Science has backed up this technique, and many readers have been using this skills to improve their learning abilities and understanding reading, even when you're reading for fun. At the end of the day, it is your decision if you don't want to trust this process. However, if you decide to take advantage of given speed reading opportunities, you'll find a world of opening possibility up to you. We live in a fast-packed world. 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