



Getting Up to Speed

With All You Read

Abby Marks Beale
Speed Reading and Productivity Expert
www.RevItUpReading.com



Today's Objectives

- ✓ Begin to Understand Who YOU Are
As A Reader
- ✓ Provide Immediately Usable Ideas
to Make Your Reading Smarter,
Faster and Just Plain Better



I AM A



READER.



**Positive
Attitude**

**Negative
Attitude**



Passive Reader Qualities

Passive, Mindless, Unconscious

Reads slowly

Has irregular eye movements

Understands poorly

Uses narrow eye span

Reads without a purpose

Reads word-by-word

Uses one reading rate

Believes everything read

Has limited vocabulary

Reads same materials

Reads little and dislikes it

Has limited background of general knowledge and experience



Active Reader Qualities

ACTIVE, Mindful, Conscious

Reads rapidly

Has rhythmic eye movements

Understands well

Uses wide eye span

Reads with a purpose

Reads in thought units

Uses many reading rates

Evaluates everything read

Has wide vocabulary

Reads varied materials

Reads a lot and enjoys it

Has broad background of general knowledge and experience



Which Reader Are You?

PASSIVE, Mindless, Unconscious

Reads slowly

Has irregular eye movements

Understands poorly

Uses narrow eye span

Reads without a purpose

Reads word-by-word

Uses one reading rate

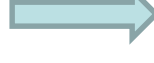
Believes everything read

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ACTIVE, Mindful, Conscious

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Antiquated Reading Skills

The Domino Effect

1. *S - P - E - E - D*
2. Concentration
3. Comprehension
4. Retention



Slow Reading

Slow Speed → Day-Dreaming

Poor Concentration

Sketchy Comprehension

Difficult Retention



Faster Reading

Faster Speed

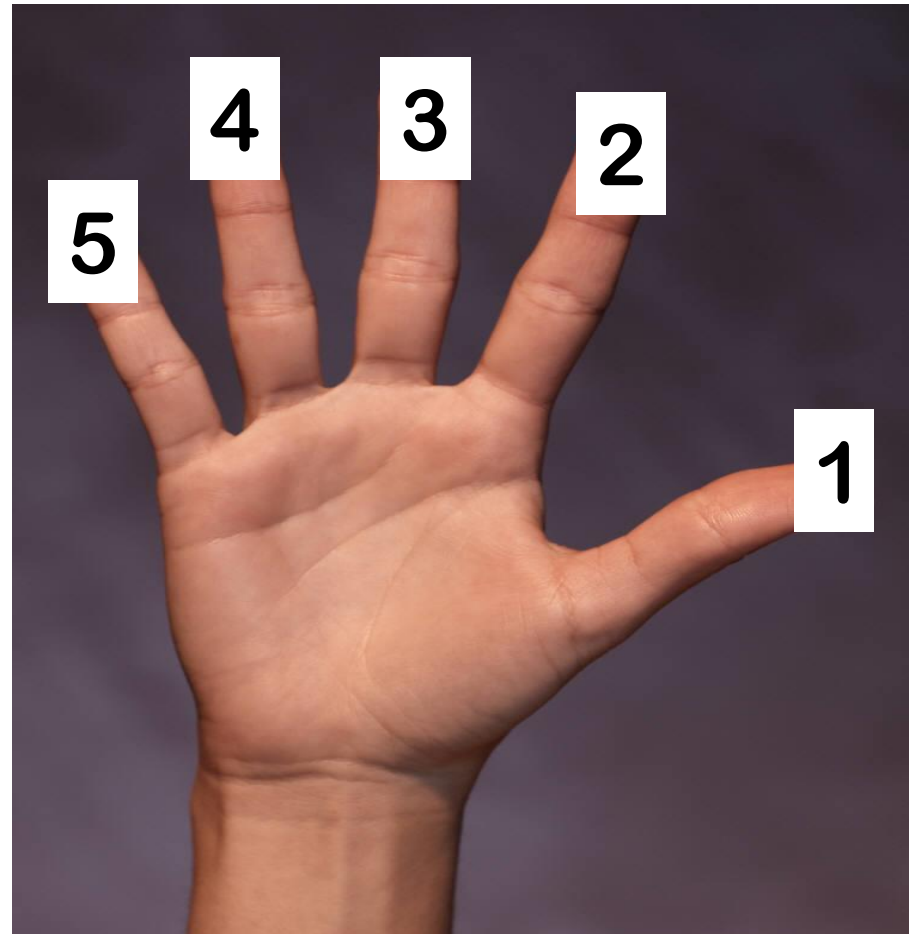
Forces Concentration

**Allows for Good
Comprehension**

Higher Retention



**So
What
IS
Speed
Reading??**



Clutter is Postponed Decisions®

14 words per line average/
total 1635 words

by Barbara Hemphill

www.TheProductiveEnvironment.com

Do you have papers stacked on your desk? Do you start the day with the best of intentions about “getting organized” and then shuffle the papers from one side of your desk to the other? If so, you’re not alone! Research shows the average worker spends 150 hours per year looking for misplaced information. All those papers stacked up on your desk require decisions, and it’s easier to shuffle than decide. In addition to the papers, you have to decide about computer files, email and voice mail messages. But there’s good news! There are really only three decisions you can make about any piece of information. To make it easy to remember, think **F.A.T**: **F**ile, **A**ct or **T**oss. Over the years, I’ve developed a tool I call the “Information Management Flowchart.” Sounds heavy-duty, but it’s quite straightforward - and you can use it to make decisions about your information from your in-basket to the trash can or recycling bin.

The key word here is flow. I’ve found that the problem isn’t that too much information flows into an office - it’s that too little flows out. It gets stuck - and so do we! The difference between paper shuffling and paper management is decision making.

It’s no accident that I list “toss it” as your first option in managing information. Research shows that 80% of what we keep, we never use! I’m convinced that our ability to achieve goals is directly related to the wastebasket, whether it’s the circular file next to your desk or the trash can icon on your computer. I’ve no doubt that your stress level will decrease as the amount of stuff in your wastebasket increases.

One Minute Timing



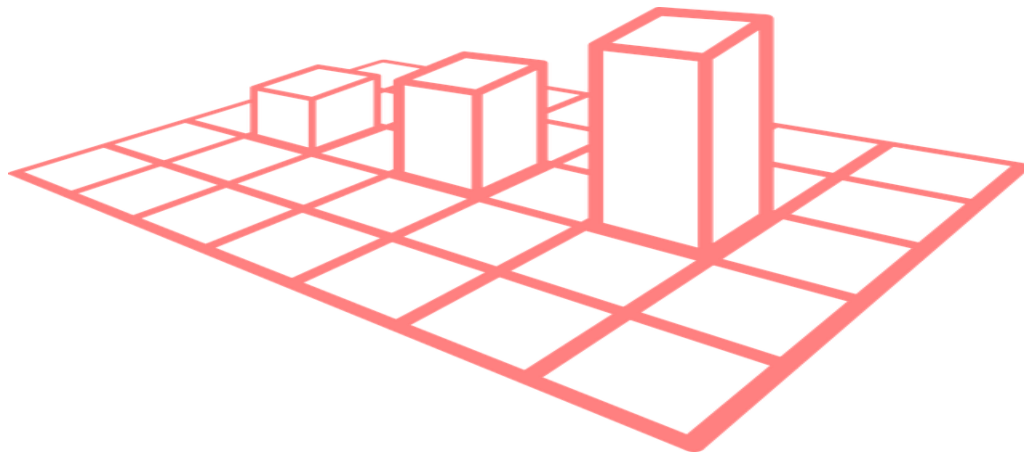
Figuring Words Per Minute

$$20 \text{ Lines} \times 14 \text{ Words Per Line} \\ = 280 \text{ Words Per Minute}$$



Words-Per-Minute







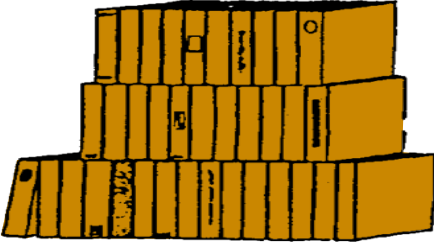
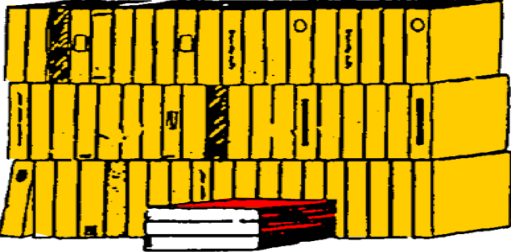




- ✓ 150 wpm = Talker
- ✓ 250 wpm = Average
- ✓ 350 wpm = Thinker



Talker

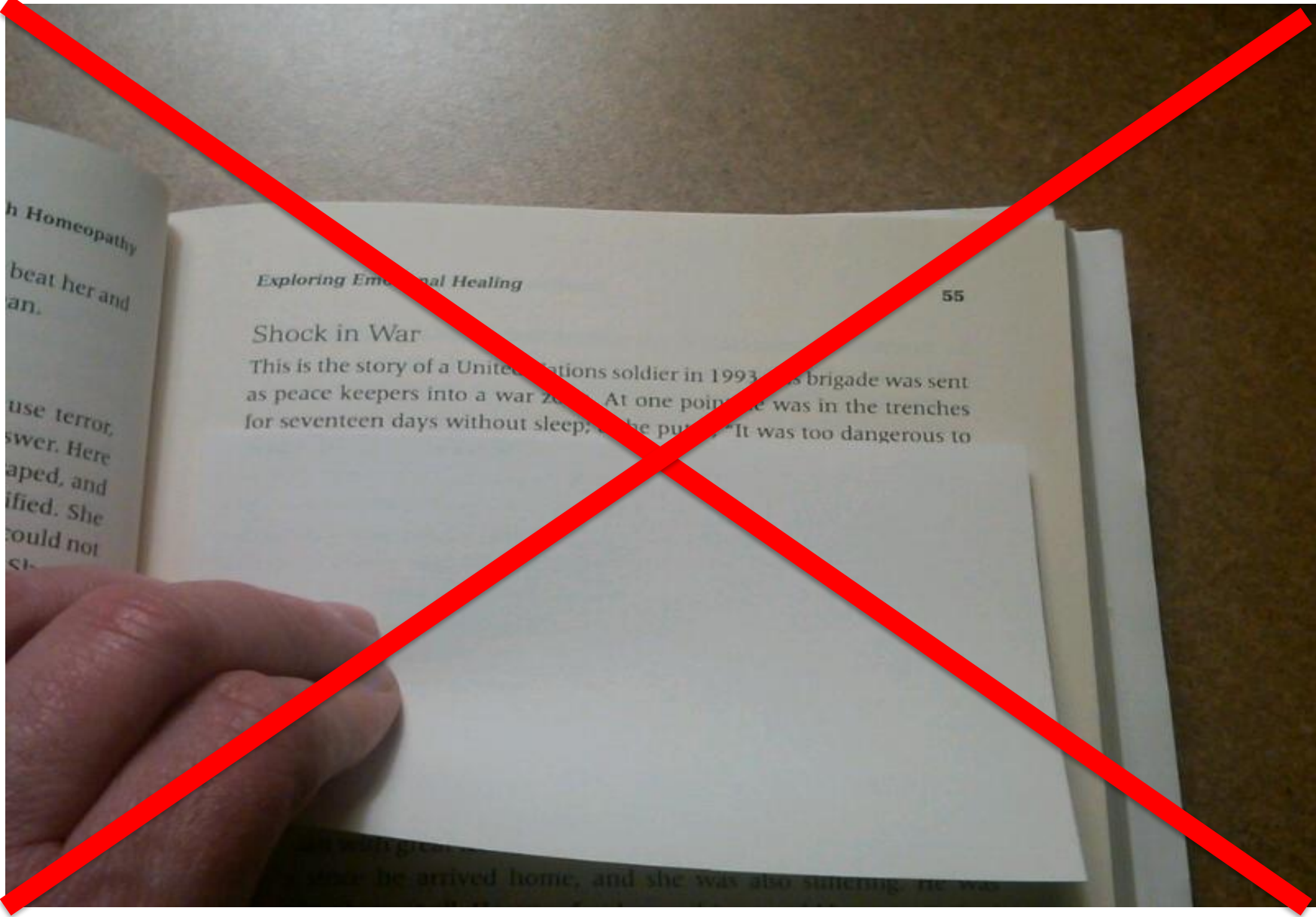
Average

Thinker

	Slow Reader (150 words per minute)	Fair Reader (250 words per minute)	Good Reader (350 words per minute)
1 WEEK	 3/4 book	 1-1/4 books	 1-3/4 books
1 MONTH	 3 books	 5 books	 7 books
1 YEAR	 36 books	 60 books	 84 books
10 YEARS	 360 books	 600 books	 840 books

Focus With The White Card Method





h Homeopathy

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Exploring Emotional Healing

Shock in War

This is the story of a United Nations soldier in 1993. His brigade was sent as peace keepers into a war zone. At one point he was in the trenches for seventeen days without sleep. He put... "It was too dangerous to

...he arrived home, and she was also snoring. He was

as an organized set of principles (APA, 1993, p. 6). We concur with it somewhat. Although the task learner-centered principles show a specific format and wording, there are several that speak to multiple personal and social factors, such as overviews development. Our rationales for quartering are certainly justifiable—particularly which each is grounded. However, even as we commend these principles from the perspective of organizational strategy, we must stress

Specifically, if meaning in the educational system, then it is not educational researchers who are not really separable entities (APA, 1993, p. 6). Although, as research empirically extract cognition from processing, or sociocultural background, or with the others addressed in the real world aspect of development motivation (e.g., Resnik) is integrated with background (e.g., Ogburn) related with one's motivation (Sanders, & Menken, 1987).

By approaching the issue perhaps more thoroughly to the issue, we have a greater chance of promoting students' learning and such learning (Sander) the experiences for concept: "No act can long" (p. 412).

As we have noted at various points in our analysis of the research literature, the subject matter with which a student deals, as well as the learning tasks and the contexts in which that individual operates, must be given its rightful due, not only in the learner-centered principles but also in the educational practice that these principles seek to impact. This domain and context specificity is addressed to some extent in the task force's presentation of the implications of the learner-centered principles for school redesign and reform. However, this orientation is less apparent in the principles themselves, which are likely to be discussed and highlighted separately from any implications the task force has chosen to address. Therefore, we would prefer to see this issue of domain and context specificity more directly considered in each of the relevant principles.



For instance, individuals' knowledge base and their motivation to achieve or to learn have a significant impact in the process of schooling. However, we cannot overlook the fact that knowledge, motivation, and the other dimensions that we have described here are highly complex and varied phenomena. Whether students are asked to function in a subject matter area for which they feel competent or for which they have an abiding interest versus one for which they possess only fragmented knowledge, or little if any interest, is critical (Alexander, in press-b). Teachers should not expect students to be consistently and invariably knowledgeable or motivated in classrooms. In addition, teachers should have a realization that the motivational character and the meaningfulness of tasks and learning environments are not solely inherent in the tasks or environments, themselves. Rather, these positive attributes are as much a consequence of the knowledge and interest that the learner brings to that task or that environment. Further, as Spiro argued (Spiro, Felovich, Jacobson, & Coulson, 1992; Spiro & Jehng, 1990), domains of knowledge are different, and those differences should be attended to as educators attempt to enhance student understanding in classrooms. For example, learning physics is unique from learning literature or social studies (Alexander & Kulikowich, 1994; diSessa, 1989; Larkin, 1985; Larkin et al., 1980). By identifying the specific attributes and concomitant challenges that each domain may present to students, and students' knowledge and interest relative to each domain, teachers will be better equipped to organize the instructional tasks and the learning environment more effectively.

After our previous discussion about the interactive and multi-

Transparency in corporate governance has led to a reduction in ambiguities about nationality. For example, the Shell Group, which had been owned by dual British and Dutch holding companies since its formation in 1967, abolished this structure in 2005 and assumed a single British parent company (albeit one with a head office in the Netherlands). And despite anx-



ties remain complex, they have shifted substantially toward consumerism, particularly over the past decade. The country's recent economic performance is a factor, of course. For three years, GDP growth has been strong and sustained, at an average annual rate of around 9%. The population's demographic profile also plays a role: Indians constitute a fifth of the world's citizens below age 20. So a youthful, exuberant generation, weaned on success, is joining the ranks of Indian consumers.

To examine the changes in attitude, the Gallup Organization conducted two surveys of more than 2,000 respondents gauging the habits, hopes, plans, and evolution of the Indian consumer in the decade from 1996 to 2006. (For a similar look by Gallup at Chinese attitudes, see William McEwen et al., "Inside the Mind of the Chinese Consumer," HBR, March 2006.) In collaboration with our colleagues Raksha Arora and Prasan Bhanu, we mined the data and emerged with three key insights.

forethought

GEOFFREY G. JONES (gjones@hbs.edu) is the Joseph C. Wilson Professor of Business Administration at Harvard Business School in Boston. The working paper on which this article is based can be accessed at www.hbs.edu/fesresearch/pdf/06-052.pdf. Reprint F0610A

Indians are getting more materialistic. Indians are often stereotyped as deeply spiritual people who reject materialistic values. Our research suggests that this stereotype no longer reflects reality. For instance, almost half of India's urban population had adopted a "work hard and get rich" ethos by 1996; another 9% had done so by 2006.

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Consumerism is becoming a way of life in India. An analysis of Indians' saving goals underscores the increase in materialism. Although long-term plans remain a high priority, life's pleasures in the here and now have gained importance over the past decade. Indians' desire to set money aside for electronics and durables has grown so dramatically that it has nearly caught up with their desire to save for their children's education. Travel and entertainment have also gained ground.

Interestingly, this trend does not apply only to the young—it holds true for people aged 18 to 55. And it is not merely a large-city phenomenon; people in smaller towns espouse these values as well. Among durable goods, high-tech luxury items are increasingly in demand. The number of Indians who own or use mobile phones, for example, has grown 1,000%—not surprising in a country that is adding more than 3 million subscribers a month. The number of people who own or use computers or laptops is up 300%, albeit from a very small base. Ownership of music systems and televisions is also on the rise.

Across products, a majority of the potential customers are entering the market for the first time. This is great news for marketers, since it signifies an expanding market, which will get even big-

only 34% of these surveyed expressed confidence in Indian companies, in 2006, 56% did. Indians realize that not all foreign goods are perfectly suited to their needs. They have become discerning consumers who want products made in India and for Indians. The expected brands in India who named in a survey are names of short-term, income-generating investments could slow India's economic growth. However, a heightened desire to lead the good life might well offset the middle- and lower-income groups' efforts to make more money, thus fueling consumerism in the long run.

Foreign is passé; Indian is paramount. Indians long believed in the overwhelming supremacy of all things foreign. Antiquated products and technologies, well past their "sell by" date in more developed nations, were once lapped up by Indian consumers. Now, though, with Indians ascending on the global economic stage, "Made in India" is no longer an apology. While Indians' confidence in foreign companies has remained essentially static, their faith in domestic companies has grown. In 1996,

one thing, India is a diverse country, with 23 official languages and more than 1,000 dialects. It's also one of the world's oldest civilizations, and rather than dispense with traditional values, it has wrapped modernity around its traditional core. For instance, 83% of Indians approve of women's working outside the home, and 74% approve of women's delaying marriage to further their education or careers (both percentages are up substantially from ten years ago); yet only 25% approve of marriage to someone who is not an Indian, and only 2% approve of couples living together without

the world, the harmonious contradictions of aspects of the world's oldest civilizations, and rather than dispense with traditional values, it has wrapped modernity around its traditional core. For instance, 83% of Indians approve of women's working outside the home, and 74% approve of women's delaying marriage to further their education or careers (both percentages are up substantially from ten years ago); yet only 25% approve of marriage to someone who is not an Indian, and only 2% approve of couples living together without

Changes in Consumer Behavior

Savings Goals

(Percentage of Indians who identified these as saving goals)

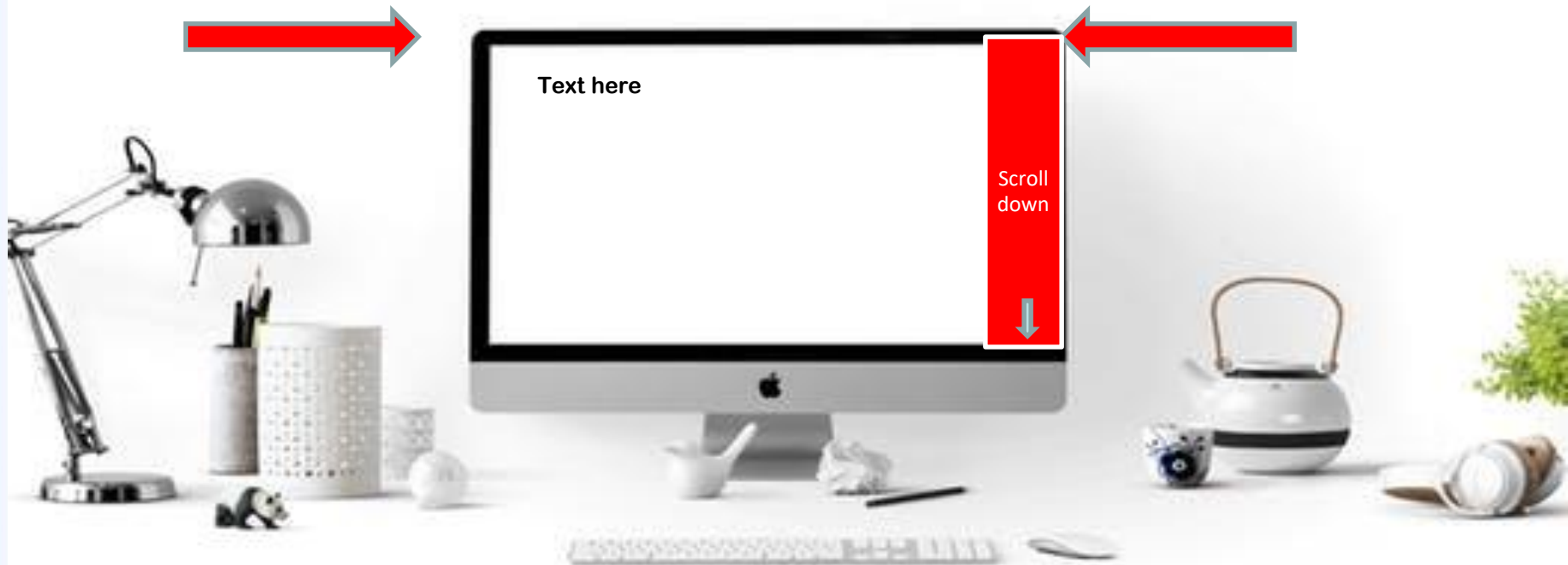


Durable Goods Purchases

(Percentage of Indians who own or use)



White Card On Screen



Using Your Hands

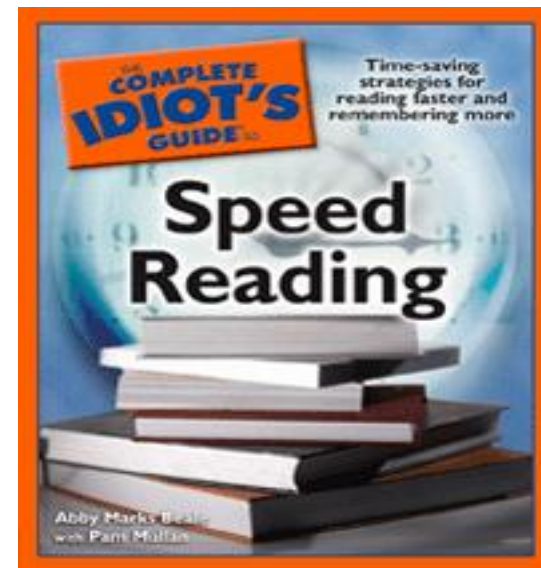
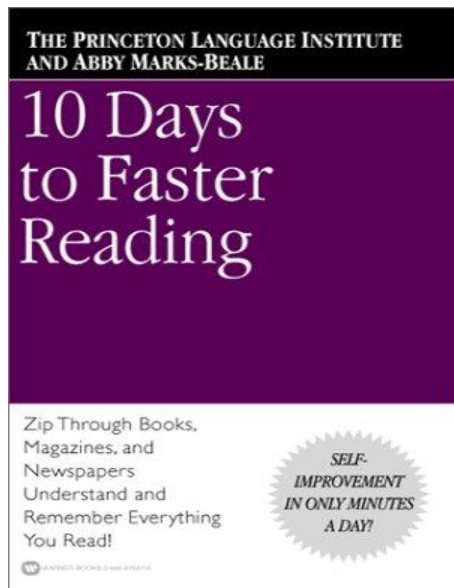




Hands Help!



1. Keep Your Place
2. Allow Eyes to Naturally Follow Movement
3. Get You Into Gears 4 and 5
4. Because the Experts Say So!



Left Side Pull



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CULTURE

The New Indian Consumer

by ASHOK GOPAL AND RAJESH SRINIVASAN

When India opened its economy to the global marketplace in the early 1990s, many multinational corporations rushed to pursue its middle-class consumers—estimated 200 million people—only to confront low incomes, social and political conservatism, and resistance to change. It turned out that the Indian consumer was a tough one to figure out and win over.

Things are changing. Although attitudes remain complex, they have shifted substantially toward consumerism, particularly over the past decade. The country's recent economic performance is a factor, of course. For three years, GDP growth has been strong and sustained, at an average annual rate of around 8%. The population's demographic profile also plays a role: Indians constitute a fifth of the world's citizens below age 20. So a youthful, exuberant generation, weaned on success, is joining the ranks of Indian consumers.

To examine the changes in attitude, the Gallup Organization conducted two surveys of more than 2,000 respondents gauging the habits, hopes, plans, and evolution of the Indian consumer in the decade from 1996 to 2006. (For a similar look by Gallup at Chinese attitudes, see William Millwert et al., "Inside the Mind of the Chinese Consumer," EBK March 2006.) In collaboration with our colleagues Raksha Anra and Pravin Bhatt, we mined the data and emerged with three key insights.

Indians are getting more materialistic. Indians are often stereotyped as deeply spiritual people who reject materialistic values. Our research suggests that this stereotype no longer reflects reality. For instance, almost half of India's urban population had adopted a "work hard and get rich" ethos by 2006, and 60% had done so by 2006.

Indians are more motivated than ever by personal ambition and a desire for material success, and they put in the hours it takes to achieve those goals. A recent Gallup poll of more than 30 countries showed that, with an average workweek of 50 hours, India ranks among the hardest working nations globally. (The average in the United States is 42 hours; major European nations such as Germany, France, and the UK have workweeks of fewer than 40 hours.)

Consumerism is becoming a way of life in India. An analysis of Indians' savings goals underscores the increase in materialism. Although long-term plans remain a high priority, life's pleasures in the here and now have gained importance over the past decade. Indians' desire to set money aside for electronics and durables has grown so dramatically that it has nearly caught up with their desire to save for their children's education. Travel and entertainment have also gained ground.

Interestingly, this trend does not apply only to the young—it holds true for people aged 15 to 55. And it is not merely a large-city phenomenon; people in smaller towns espouse these values as well.

Among durable goods, high-tech luxury items are increasingly in demand. The number of Indians who own or use mobile phones, for example, has grown 1,600%—not surprising in a country that is adding more than 3 million subscribers a month. The number of people who own or use computers or laptops is up 500%, albeit from a very small base. Ownership of music systems and televisions is also on the rise.

Across products, a majority of the potential customers are entering the market for the first time. This is great news for marketers, since it signifies an expanding market, which will get even big-

ger as current owners replace or upgrade what they have.

A word of caution: Although incomes have risen over the past ten years, middle- and lower-income groups are increasingly dissatisfied with their earnings. It is essential to remember that 60% of Indians still live on less than one U.S. dollar a day. The highest-income groups are delighted with what their income can do for them; the middle and lower groups are much less satisfied. In the short term, income constraints and rising costs could slow India's transformation from a needs-based to a wants-based market. However, a heightened desire to lead the good life might well intensify the middle- and lower-income groups' efforts to make more money, thus fueling consumerism in the long run.

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only 34% of those surveyed expressed confidence in Indian companies; in 2006, 54% did. Indians realize that not all foreign goods are perfectly suited to their tastes and needs. They have become discerning consumers who want products that are made in India and for Indians.

A look at the most respected brands in India is telling. Of the top 20 named in a survey eight are Indian, including names like Tata, Godrej, and Bajaj. Only five of the top 20 are new foreign brands. These have succeeded because they have customized packaging to meet Indian needs. Hutch, Nokia, and Samsung have done this particularly well. Nokia modified one of its mobile phones by adding a built-in flashlight that truck drivers, for instance, find useful on poorly lit highways. "Indianizing" also has to do with keeping prices at levels that are manageable for the average Indian consumer.

Seven of the top brands come from well-established MNCs that are either thoroughly indigenized or involved in a joint venture that gives them the advantage of both worlds—customization of tags of both worlds—combined with quality products for India with levels of quality and technology associated with international companies. Names such as Philips and Hero Honda fall into this group.

Trying to connect with consumers at an "Indian" level is a mammoth task. For

one thing, India is a diverse country, with 23 official languages and more than 1,000 dialects. It's also one of the world's oldest civilizations, and rather than dispense with traditional values, it has wrapped modernity around its traditional core. For instance, 83% of Indians approve of women's working outside the home, and 74% approve of women's delaying marriage to further their education or careers (both percentages are up substantially from ten years ago); yet only 25% approve of marriage to someone who is not an Indian, and only 54% approve of couples living together without getting married.

To the outside world, the harmonious coexistence of seeming contradictions is one of the most confusing aspects of the Indian psyche—but it also signifies the country's openness to change and its ability to add new dimensions without losing old ones. The companies, domestic or foreign, that understand this complex mix will be the most successful at working with and selling to Indians and stand to reap enormous benefits of scale.

ASHOK GOPAL (ashok.gopal@gallup.com) is a principal at the Gallup Organization's Singapore office, and RAJESH SRINIVASAN (rajesh_srinivasan@gallup.com) is a principal at Gallup Princeton, New Jersey office. Reprint F0610C.

Changes in Consumer Behavior

Savings Goals
(Percentage of Indians who identified these as among their goals)



Durable Goods Purchases
(Percentage of Indians who identified these as among their goals)



20 Most Respected Brands in India



Right Side Pull

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about the outsourcing of knowledge work, the globalization of key functions such as R&D remains limited. U.S. and Japanese firms, in particular, prefer to conduct sophisticated R&D in their home markets.

Recent developments in the United States—including the peremptory expulsion of foreign firms from the S&P 500 in 2002 and the recent extraordinary public outcry when Dubai Ports World acquired a British company that operated ports in the United States—underscore the rising relevance of corporate nationality. Today, technology-driven public outcry may permit different parts of the value chain to operate in different places, companies may hold portfolios of brands with different national heritages, and leaders, share-holders, and customers may be dispersed. Still, the nationality of a firm is rarely ambiguous. It usually has a major influence on corporate strategy, and it seems to be growing in political importance.

forthought
 GREGORY C. JONES (gjones@hbs.edu) is the Joseph C. Wilson Professor of Business Administration at Harvard Business School in Boston. The working paper on which this article is based can be accessed at www.hbs.edu/faculty/jgjf.
 08-03-10.pdf Reprint F0K10A

CULTURE

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Things are changing. Although attitudes remain complex, they have shifted substantially toward consumerism, particularly over the past decade. The country's recent economic performance is a factor, of course. For three years, GDP growth has been strong and sustained, at an average annual rate of around 8%. The population's demographic profile also plays a role: Indians constitute a fifth of the world's citizens below age 20. So a youthful, emboldened generation, reared on success, is joining the ranks of Indian consumers.

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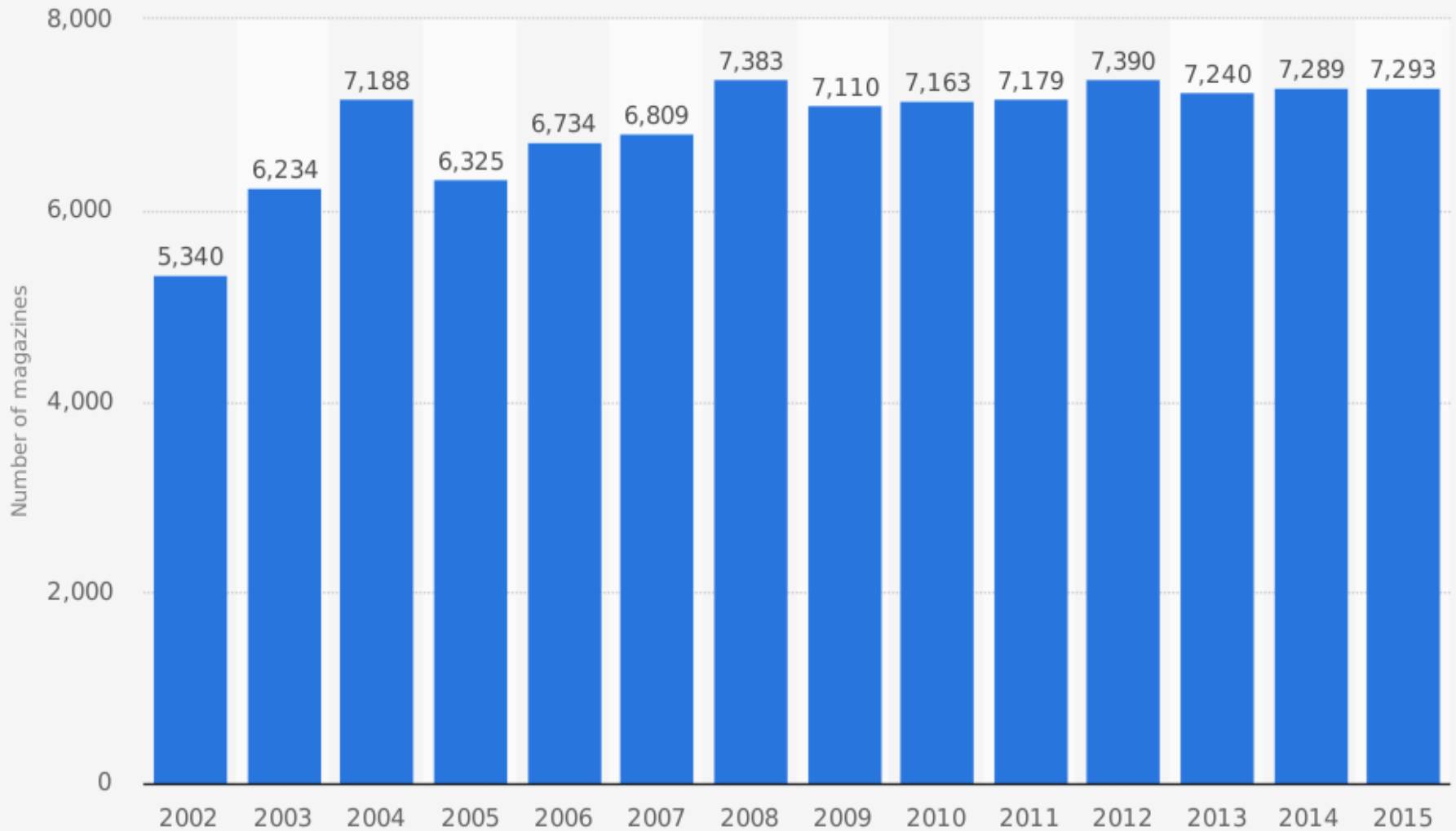
in

How To Make a Quality Reading Pile





Number of magazines in the United States from 2002 to 2015



Source:

MPA; Various sources (National Directory of Magazines/Mediafinder.com)

© Statista 2017

Additional Information:

United States; Various sources; consumer magazines

123,926 Adult Print Books



1 BILLION Websites

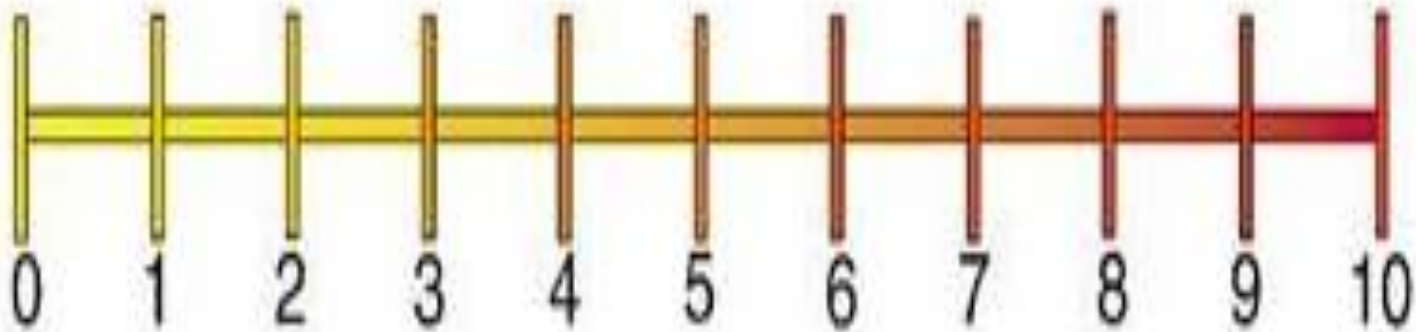


1. Collect



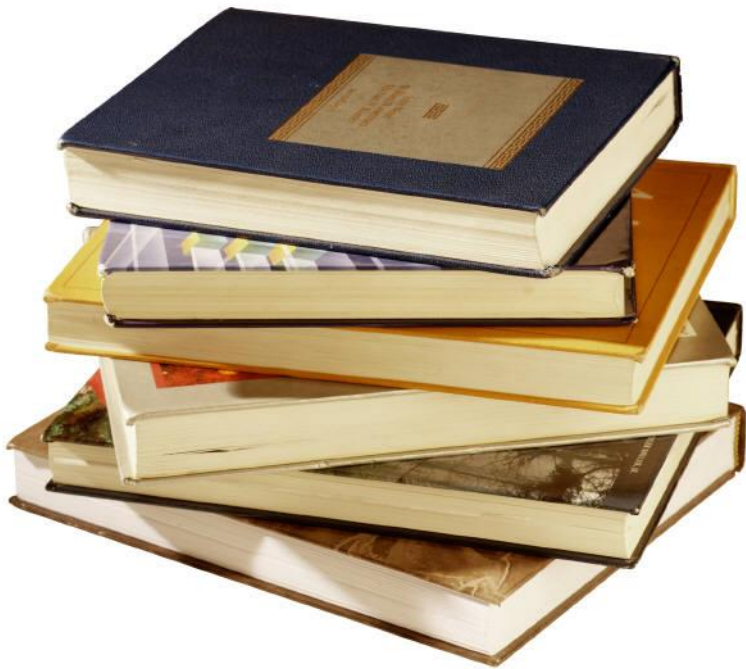
2. Rank

(1 low-10 high scale)



3. Create TWO Piles

Pile 1
OVER 6



Pile 2
UNDER 6



What to Do With “Under 6”

Recycle or Trash



Unsubscribe!



4. Balance



**Size of
Pile**

vs

**Available
Reading
Time**

My Current Reading Workload

(does not include books)

Newspapers

- Meriden Record Journal (daily)
- Wall Street Journal (Weekend Edition)

Professional Journals

- NSA Professional Speaker (w/audio)
- Success Magazine (w/audio)
- Real Simple
- Homeopathy Today

Personal Magazines

- Yoga Journal
- Swimmer

E-Zines

- 3 Daily
- 4 Weekly; 4 Monthly

Podcasts

- Subscribed to 6

Contain the Pile!



Setting Yourself Up For Success















Be in a WORK Space



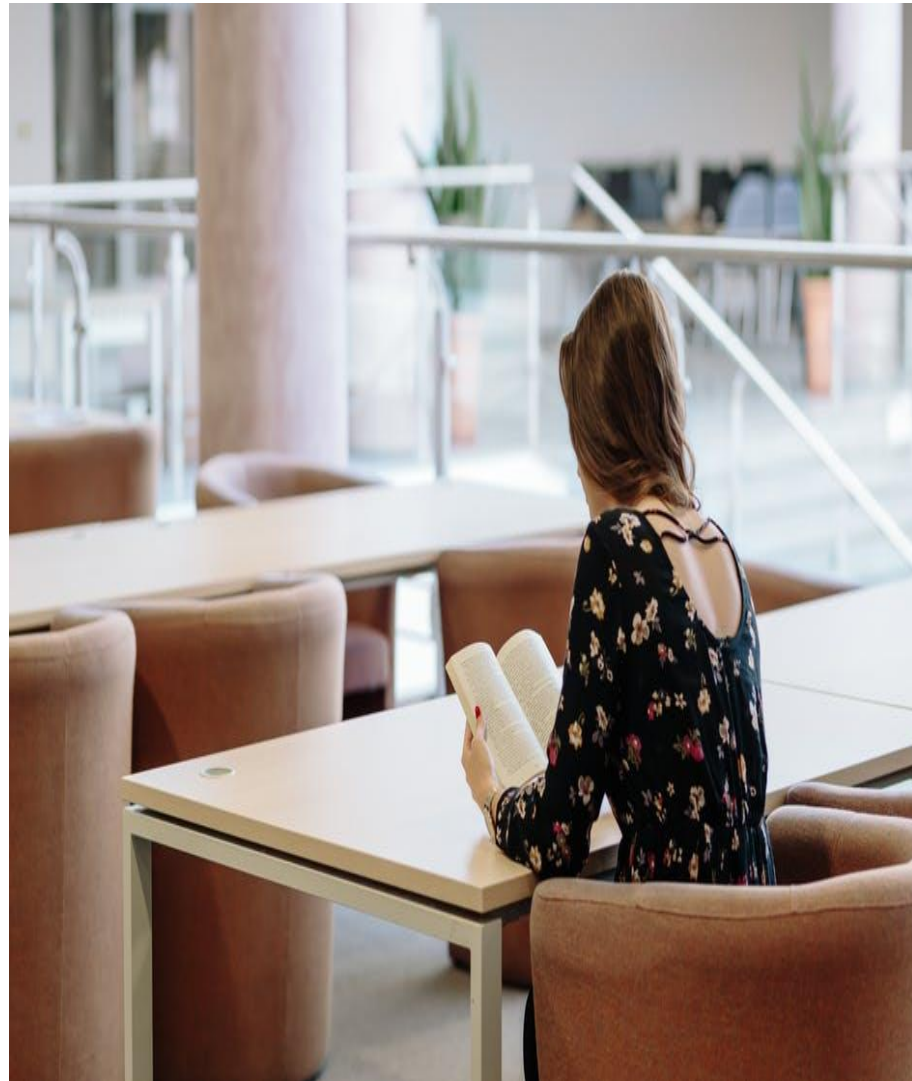
Find a Quiet Space



**Without
Distractions**



Limit Interruptions



23

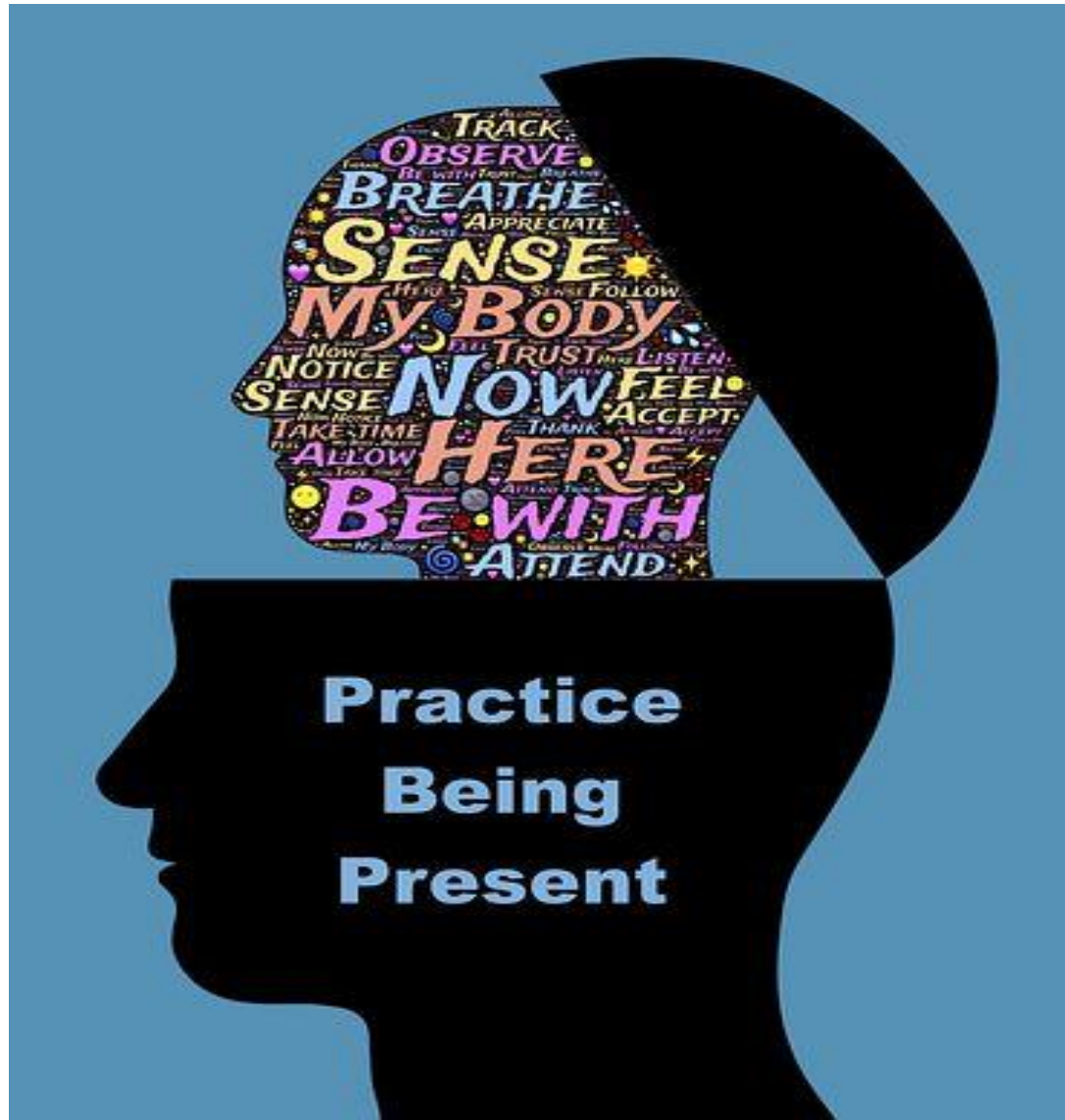
Mindfully
single-task

24

30

31

Learn Mindfulness



**Practice
Being
Present**



Focus Internally

Meditate





**Stretch
Your Body**

**Challenge
Your Mind**



Reading Habits of the Wealthy

- 86% of the wealthy **love to read**.
- 85% of the wealthy **read two or more educational books** every month.
- 88% of the wealthy read **thirty minutes or more** each day
- 63% of the wealthy **listen to audio books** during their commute to work.

*From Reading Habits of the Affluent by Tom Corley of Rich Habits Institute, May 2014.
<http://richhabits.net/>*



What Do Wealthy People Read

- 51% read about **history**.
- 55% read about **self-help**.
- 58% read **biographies** of successful people.
- 79% read **educational material**.
- 94% read about **current events**.
- 45% read **financial material** such as the Wall Street Journal, Money Magazine, Kiplingers etc.

From Reading Habits of the Affluent by Tom Corley of Rich Habits Institute, May 2014

<http://richhabits.net>



How to Make More Time to Read



Plan it!



Read When Most Alert



EDITOR

The world's greenhouse gas emissions, pollution from fertilizers, habitat loss, soil degradation. Under our current farming techniques, farmers use lights, ventilation, and other technologies to create an indoor environment to grow cannabis, which faces a lot of greenhouse emissions. If on the precipice of a similar fate to agriculture in Canada, it's time to see how we can shift marijuana cultivation to a more environmentally friendly path. In B.C., growers have already begun to experiment with concerns about the large-scale production of pot, envisioning an alternative model, similar to craft breweries. Some believe that consumers will appreciate a more environmentally friendly product for a higher price. The fact that many British Columbians are willing to pay extra dollars for craft beer proves

If the federal government with a large number of shoppers has legalized marijuana, it will be a big hit."

MABELYN BEKER

If economically viable, the pot-grower model will not only be a big hit, but it will also be a big win for the environment.

abandoned vessels.

Transport Canada has abandoned or derelict vessels in public waters, undoubtedly an understatement. Each is, at least, an eyesore and a source of environmental contamination and a navigational hazard.

The cost to remove an abandoned vessel ranges from small change to several hundred thousand dollars, depending on complexity. As many old boats near their life end, owners are tempted to dump unwanted vessels in public waters. As litterbugs on land found at the dawn of anti-litter laws, penalties for abandoning vessels are needed to discourage the practice.

But many government agencies are involved: Transport Canada, the Coast Guard, and local governments. Overlapping agencies dilute responsibility, cause inefficiency and foster inaction.

At least M-40 carries some political and moral weight in calling on the government to do something.

The bad news is that motions have no binding legal effect. Furthermore, the wording of the motion is vague, without specific, measurable objectives. While M-40 calls upon the government to "take meaningful steps within six months," the provision is not clear

so it may not be enforceable. It worked for a while, but it was from a widow's perspective with Opposition Minister Lisa Raitt.

The bill made it through the committee and was popular, but I'm confident it would have passed. But Parliament rose soon after I tabled the bill and it died on the order paper.

In all my work in Parliament, including two successful Private Members Bills, I was amazed how hard it was to accomplish real progress, and how important it was to seize common ground along the way.

At its best, MPs sensuously strive for common ground — they all voted for M-40. At its worst, our processes squander opportunities for progress. Instead of remedies to problems, we get measures to placate voters.

With so many lawmakers and stakeholders

WHISTLER SUPPORTS FOOD BANK

Christine Suter from C23 Wellnessport and Dave Clark from the Whistler Half Marathon would like to thank all of the walkers, runners, and volunteers who came out and participated in the Whistler Food Bank 5km fun run and walk in support of Whistler Community Services Society.

We raised \$1,000 and donated over 800lbs of food! Thanks to everyone for supporting our community!

Christine Suter
Whistler

RECYCLING CHANGES WILL CREATE DUMPING

I recently took a mattress and \$15 to the Pemberton Transfer Station only to discover the SLRD no longer accepts mattresses, and

the SLRD staff were not prepared to take them. I was disappointed because for the first time, I was not sure what kind of traffic one would see on the route, so with gas, time and parking fees, you are probably looking at \$50 to dispose of a mattress and, more importantly, guess what, our back country and logging roads will just become dumping grounds.

I guess then we can thank the bean counters at the SLRD for screwing up our environment!

Len Ritchie
Pemberton

KUDOS TO MUNI PARKS STAFF

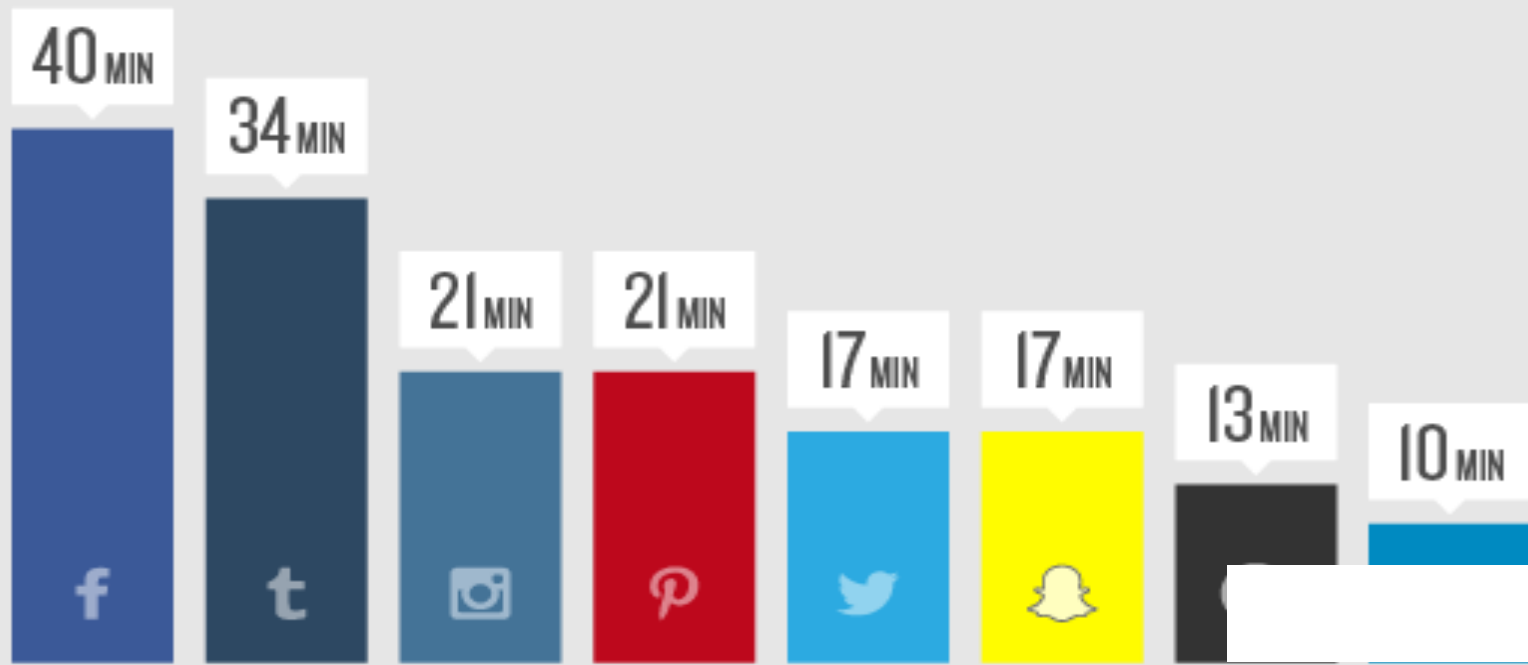
I'm rehabbing from knee-replacement surgery and I walk Emerald Forest and Lost Lake Park trails daily. We sometimes fail to appreciate what a wonderful system of well-planned and beautifully constructed trails we have in our backyard.

Kudos to the trail building crews, parks planners, and Muni Councilors that have provided this fabulous amenity. I'm so fortunate and proud to live in Whistler!

Neil Collins
Whistler

Replace Time Robbing Activities

Average Time Spent On Social Networks
Per Day By Americans



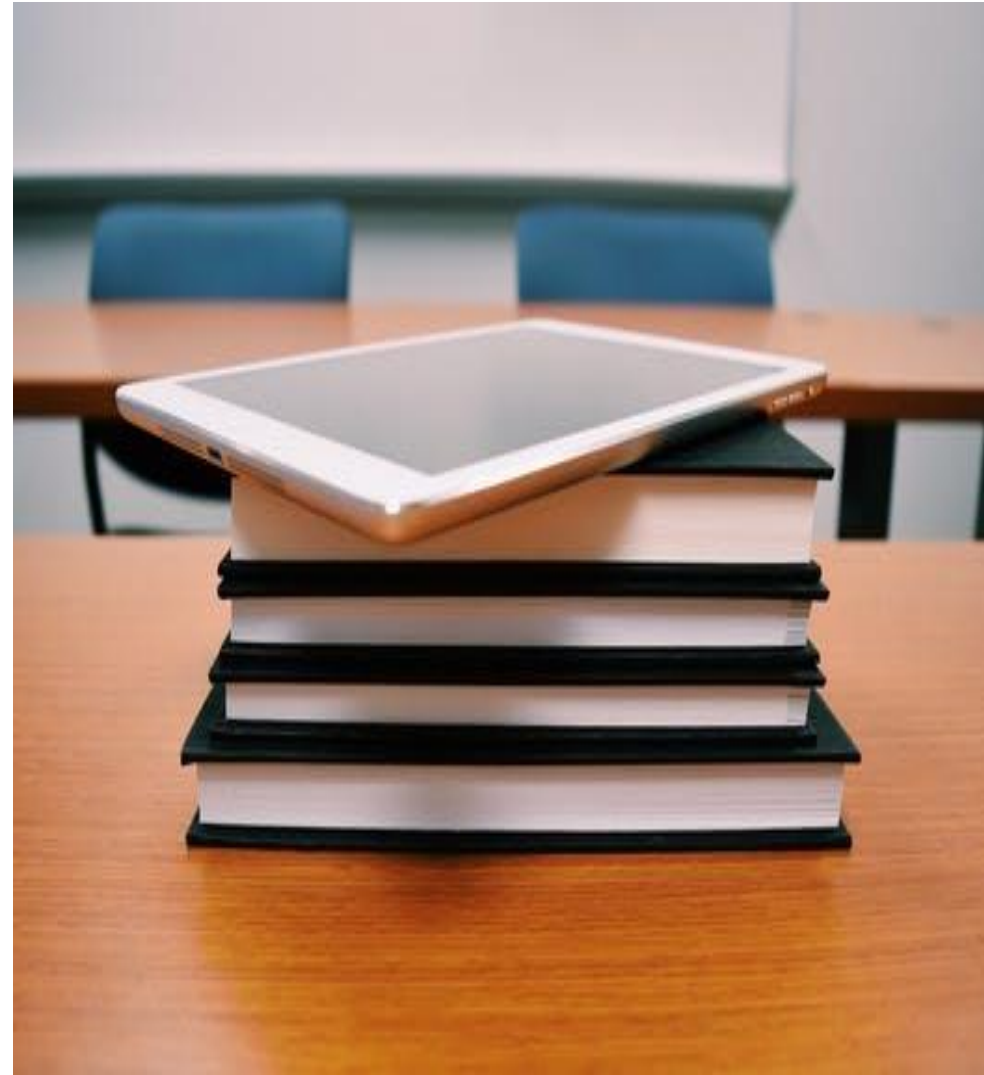
TV/Movies



Web Surfing

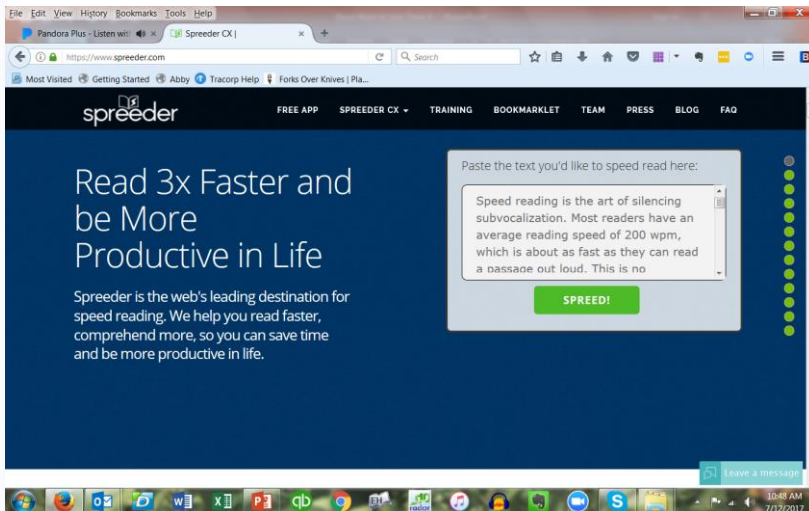


Always Carry Material With You

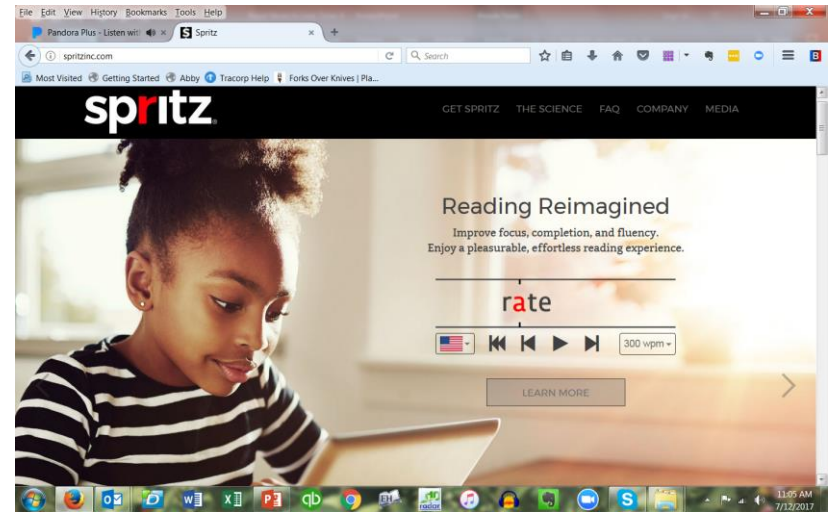


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Windows taskbar: Internet Explorer, Outlook, Word, Excel, PowerPoint, qb, Chrome, Edge, iQ radar, Music, Skype, File Explorer, 11:09 AM 7/12/2017



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1. Use A White Card or Hands for FOCUS
2. Create a QUALITY Reading Pile
3. Set Yourself Up For SUCCESS
4. Get Better at MONO-Focusing
5. Make More TIME to Read






I AM A



READER.

**IF you always do
What you've always done
THEN . . .
You'll always get
What you always got!**



A photograph of a broken fortune cookie on a red background. The cookie is broken into several pieces, including a large triangular piece on the left, a large U-shaped piece at the top, and several smaller fragments on the right. A white rectangular text box is placed over the middle of the cookie pieces.

**The road to knowledge begins
with the turn of a page...**



Getting Up to Speed

With All You Read

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