Getting Up to Speed
With All You Read

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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
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Understands poorly
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Reads without a purpose
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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??
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.: File, Act or Toss. 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 Lines \times 14 \text{ Words Per Line} = 280 \text{ Words Per Minute}
Words-Per-Minute
✓ 150 wpm = Talker
✓ 250 wpm = Average
✓ 350 wpm = Thinker
<table>
<thead>
<tr>
<th>Time Period</th>
<th>Talker</th>
<th>Average</th>
<th>Thinker</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 WEEK</td>
<td>Slow Reader (150 words per minute)</td>
<td>Fair Reader (250 words per minute)</td>
<td>Good Reader (350 words per minute)</td>
</tr>
<tr>
<td></td>
<td>3/4 book</td>
<td>1-1/4 books</td>
<td>1-3/4 books</td>
</tr>
<tr>
<td>1 MONTH</td>
<td>3 books</td>
<td>5 books</td>
<td>7 books</td>
</tr>
<tr>
<td>1 YEAR</td>
<td>36 books</td>
<td>60 books</td>
<td>84 books</td>
</tr>
<tr>
<td>10 YEARS</td>
<td>360 books</td>
<td>600 books</td>
<td>840 books</td>
</tr>
</tbody>
</table>
Focus With
The White Card Method
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, as he put it. "It was too dangerous to
India's latest law has been opposed, but the Indian government is determined to push through the new legislation. The law, known as the 'Food Security Act,' aims to provide free food rations to about 70% of the population. The government has argued that the act will help reduce poverty and malnutrition, but critics say it will benefit wealthy farmers and corporate interests at the expense of the poor.

The law covers a wide range of issues, including the distribution of food rations, the provision of education, and the reduction of child labor. It also includes provisions for the protection of workers' rights and the prevention of child marriage.

The act has been controversial, with many Indians calling for a more radical approach to poverty alleviation. Some experts have argued that the law does not go far enough to address the root causes of poverty, such as lack of education, access to healthcare, and lack of opportunities for economic growth.

However, the Indian government remains committed to implementing the law and has pledged to provide free food rations to all eligible beneficiaries. Despite opposition from some quarters, the government has been able to garner support from a variety of stakeholders, including international organizations and civil society groups.

The law has been praised by some as a necessary step towards reducing poverty and improving the quality of life for millions of Indians. However, others have called for a more comprehensive approach to poverty alleviation, one that addresses the underlying causes of poverty and provides a path to sustainable development.

In the end, the success of the law will depend on how effectively it is implemented and how well it is received by the public. The Indian government will need to work closely with civil society groups and international organizations to ensure that the law is effective and meets the needs of its beneficiaries.
White Card On Screen

Text here

Scroll down
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!
Pull Down Center
The New Indian Consumer

India is more motivated than ever by personal achievement and a desire for material success. And yet, it has a long way to go to reach its full potential. The Indian consumer is a complex and diverse group, with a wide range of behaviors and preferences. Understanding their needs and wants is crucial for any business looking to enter the market.

India’s demographic profile also plays a role. India remains a young nation, with a median age of 26.5 years. This has implications for the way businesses market their products. Youth are more likely to be influenced by social media and online reviews, so companies need to be mindful of their digital presence.

As with any emerging market, there are challenges to overcome. Indian consumers are often skeptical of new products and are more likely to trust recommendations from friends and family. This means that companies need to focus on building strong relationships with customers and providing excellent service.

Overall, the Indian consumer is a dynamic force in the global economy. Companies that can understand and cater to their needs will be well-positioned to succeed in this exciting market.

Changes in Consumer Behavior

Source: Nielsen

20 Most Respected Brands in India

Source: Nielsen
Two Finger Pull
How To Make a Quality Reading Pile
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)  
| Journals            | • 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
Mindfully
Single-task
Learn Mindfulness

Practice Being Present
Meditate

Focus Internally
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.

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

[Image of a book with a coffee cup and a glass]
Replace Time Robbing Activities

Average Time Spent On Social Networks Per Day By Americans
TV/Movies

Web Surfing
Always Carry Material With You
Experience Faster Reading

Spreeder.com

Spritz.com
Learn More About How To Read Smarter, Faster and Just Plain Better

Speed Reading for Professionals
Got reading? What busy professional doesn’t! Learn how to conquer your reading workload, both on paper and on-screen, NOW.

Speed Reading for Students
Got reading? What college student doesn’t! Learn how to easily get through all your academic reading, both on paper and screen, NOW.

Speed Reading for Leisure
Want to read more for pleasure? NOW you can with Abby’s simple strategies for reading better and faster on all kinds of materials.
FREE ONE-DAY PASS
to Rev It Up Reading Online Course

www.RevItUpReading.com
90 Day Access to Rev It Up Reading Online Course

Coupon Code
NACM99
(50% Discount)
Quick Recap of the Big Ideas

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!
The road to knowledge begins with the turn of a page...
Getting Up to Speed
With All You Read

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