

Learn How to be a Speed Reader

PACING:

Hand movements can cause improvement of reading speed. Now I'll introduce to you the well-known pacing movement. It uses your index finger of your dominant hand, i.e. right handed use right hand, to scan a line by running your finger under the type you are reading. Always turn the page with the unused, non-dominant hand. Don't move your head, keep it still.

BASIC METHOD:

The basic pacing movement uses your index finger of your dominant hand, i.e. right handed use right hand, to scan a line by running your finger under the type you are reading. Always turn the page with the unused, non-dominant hand. Don't move your head, keep it still.

To understand this concept, you must understand that your nemesis "The Babblers" (your own inner voice) is reading to you in silent speech and then it goes into your brain.

We did experiments in Hawaii, New Mexico, Florida, and elsewhere. It appears that those with the slowest speaking rates have naturally slow reading rates. With this method, your speaking rate will no longer restrict your reading speed. You will read as fast as you can think. Yes, you can read as fast as your mind can work.

Now the method to begin pacing across a line faster than you can form the sounds in your throat:

Begin pacing across a line faster than you can form the sounds in your throat:

Through the DYNAMIC SPEED READING program you'll learn to develop these skills which will enhance your reading ability and speed simply by reading.

Through the DYNAMIC SPEED READING program you will easily learn how to develop these skills to enhance your reading ability and speed through practice and exercises. You could soon be reading twice as fast as you ever have and retaining valuable information to increase your comprehension and improve your grades.

Dr. Jay Polmar is the founder of www.speedread.org, a research organization that's developed speed reading courses for people worldwide and has taught over 100,000 students throughout the world.

About the Author

Learn how to speed read, online, with live classes, through software, audio, video, ebooks or books, by speed reading genius Dr. Jay Polmar [Learn how to speed read](#), and more [Learn how to speed read](#). Speed Readers Succeed!

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