

## Speed Reading in Only One Hour - Understanding the Mechanics

The human mind is an extraordinary force of which we only use a very small portion. In this book, "Speed Reading in only One Hour" I will demonstrate how to tap some of that unused power and use it for your own success in high school, college, and life.

Your brain can understand from 10,000 to 50,000 bits of data per minute; one bit equates to one word. Although this information comes from old statistics (1980's), based on recently developed speed reading technology, and strides in various types of learning technology, you can achieve phenomenal reading speeds.

In the US the average HS grad, when tested, reads about 250 words per minute. The average US college student reads at an average of about 300 words per minute. But, no matter what your starting reading speed when you are tested, don't worry, it is only the beginning. Can you imagine what an advantage you will have to be able to read over 100% faster than you had before? 200% 300% -- The possibilities are limitless.

Humans receive information through five physical senses, (touching, tasting, hearing, smelling, and seeing) and through those we make decisions. Actually, we make choices and judgments from factors that the physical senses bring into play. The five physical senses (sight, smell, hearing, taste, touch) are preprogrammed for automatic reaction.

We learn, not only from physical senses, but through various forms of thought. Most thought is conscious in nature. Senses however work automatically. An example of an automatic reaction might be: when a hungry teenager smells pizza, he or she begins salivating. What's taking place is that the sense of smell (called olfactory senses) has automatically delivered a thought, "PIZZA", to the brain and mind. The thought may be unconscious.

Sensing food is a physical sensation through smell. It is a mental sensation (unconsciously or consciously) through thought. And lastly there is a physical sensation through eating, swallowing, and smiling. To summarize the PIZZA adventure: Brain and mind is where the "action" is taking place. Body is where the "reaction" is taking place.

The brain and the mind hold enormous untapped potential; We're going to help you tap into that potential through Speed Reading in One Hour, available at [speedread.org](http://speedread.org), and we'll show you how you can succeed in your college life and beyond.

### About the Author

In one hour, or less, you can learn the world famous speedreadamerica method to read faster [Double/Triple Your Reading Speed, Improve Comprehension, Better Your Grades](#), Learn speed reading today [Be a speed reader now!](#)

Source: <http://arabesquestudios.com>